

Volume VIII

# LIFE SKILLS

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اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ وعَجِّلْ فَرَجَهُم

# Dedication

To the Light that guides us through the darkest of times,

To the Imam of the Time, Hazrat Baqiyatullah, the Savior of Mankind, the Sign of God,

In humble devotion, I dedicate the eighth volume of "Life Skills."

To my parents, the foundation of my existence,

S. Sirkar Abidi (Late) and Rifat Abidi (May Allah preserve her),

Your love and wisdom have been my guiding stars.

To the mentors who have illuminated my path,

Ayatollah Syed Hussain Murtaza Naqvi and his family, and

H.I.W.M. S. Ghulam Abbas Rizvi (Hussain Agha),

Your teachings have shaped my understanding of life's intricate tapestry.

To my beloved wife, S. Mehwish Zehra, and my young son,

S. Mohammed Hussain Mehdi, one of the future's starts,

Your unwavering support fuels my journey.

To my entire family, a source of endless strength and love,

Brothers H.I. Shoaib Abidi, Adeel Abidi, Mustafa Abidi,

Sisters Asra and Farheen, and my dear in-laws, mother, and sisters,

You are the roots of my being, holding me firm through life's storms.

To my friends and well-wishers, who have walked beside me,

Your camaraderie and encouragement have been my blessings.

This dedication is a small offering of my gratitude and affection for each of you. You have been the constellations in my personal sky, guiding me through life's journey. Your love, wisdom, and support are woven into the pages of "Life Skills," and I am forever indebted for the role you've played in shaping this work.

With heartfelt gratitude and unwavering love,

S. Jahanzaib Abidi

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# Preface

Dear Readers,

Salam un Alaikum,

We are delighted to present the eighth volume of "Life Skills," a unique collection that draws inspiration from a multitude of sources, each offering its own distinct perspective on the art of living a fulfilling life. In this installment, we continue our journey of exploration and self-improvement, weaving together insights from Quora Digest, Tips for Success, Noctis Enoch, the wisdom of Chat GPT, and the profound teachings of the Infallible Imams of Shia Islam.

In our ever-evolving world, the pursuit of a meaningful and well-balanced life is a quest that transcends borders, cultures, and beliefs. We are excited to delve into the intersections of wisdom that emerge from diverse sources and bridge the gaps between contemporary guidance and ancient spiritual traditions.

The digital age has ushered in a new era of knowledge-sharing and connectivity, making wisdom accessible to all. The internet's myriad platforms, like Quora and Tips for Success, offer a wealth of practical insights and knowledge, often sourced from experiences of

individuals who have ventured on their own life journeys. We embrace this collective wisdom as a testament to the power of human connection and our shared desire for personal growth.

Noctis Enoch, a name synonymous with the enigmatic and the profound, offers a unique perspective on the mysteries of life and existence. We delve into these insights, allowing readers to ponder the deeper questions and seek meaning in the mysteries that surround us.

The involvement of Chat GPT, the state-of-the-art AI language model, showcases the fusion of technology and human consciousness. Chat GPT's contributions add a modern, technology-driven dimension to our exploration of life skills, making this volume a testament to the evolving nature of knowledge and self-improvement.

Embedded within the pages of this volume, you will find a rich tapestry of teachings from the Infallible Imams of Shia Islam. These profound spiritual insights have guided countless lives, offering lessons on faith, morality, and personal development. We approach these teachings with reverence and the understanding that they form a cornerstone of the spiritual and moral compass for many.

As we embark on this journey, we encourage you, our readers, to approach these diverse sources of wisdom with an open heart and a curious mind. In the digital age, wisdom knows no boundaries, and its pursuit transcends

the confines of culture or belief. Our aim is to draw upon the collective wealth of knowledge and insights, offering you a comprehensive guide to navigate the complexities of life and to foster your own personal growth.

One last thing I want to clarify is that 90% of the articles in this book are copy-pasted from various online studies. And about 10% of articles are extracted from Chat GPT. If a Muslim or a religious person has any objections. then it is advised for them that if they see the words of other religions, they should counter-check them with the Islamic text before objecting. And where the text does not create any connection with Quranic Ayats & hadiths has deleted. The words of the Bible, Torah, Psalms or scholars of other religions that are not related to the Qur'an and Hadith have been deleted and only subjects or other permissible matters that are similar to the text or concepts of the Qur'an and Hadith have been presented. However, if there are any errors, please inform them so that they can be corrected in the next edition.

We thank you for joining us in this quest for a more fulfilling and purposeful existence, and we hope that the pages within this volume will inspire you to explore, reflect, and apply these life skills in your daily life.

With warm regards,

Abidi

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## What Psychological Facts Really Leave An Impression On You?

1. When someone dies by suicide, it's because they want to end their suffering, not necessarily their life.
2. Other people tend to see you as around 20% more attractive than you see yourself.
3. People who had a difficult or unhappy childhood are more likely to have a fear of being happy.
4. Having a pet is connected to better brain health as we get older.
5. Kids are less likely to trust people they perceive as not good-looking.
6. If someone is already feeling depressed, being addicted to social media can make their depression worse.
7. Reading fictional stories when you're young can help you develop a more complex way of looking at the world.
8. The first person you look at when you enter a room is usually the one you feel most threatened by.

## How To Master Self-Discipline That Will Separate You From 99%?

1. Define your values and be intentional about them
2. Build relationships with people of similar values.

3. Don’t joke with time. Live every moment like it’s your last.
4. Never compromise your values for fun or to please others.
5. Be wary of what you read, hear, watch and see. Your mind is your life.

## 10 Things We Can Do To Live A Happier Life

1. Don't wallow in self-pity, try to help yourself as much as you can.
2. Understand that social media is not real life.
3. Stop overthinking the past or the future, you only have now so use it well.
4. Never compare yourself to anyone, competition is the enemy of happiness.
5. Don't keep grudges, sometimes the people you refuse to forgive no longer remembers.
6. Love is the religion of the universe; nobody attracts happiness by nurturing hatred.
7. You can't please everybody, so find peace with that.
8. Envying people who are doing better than you doesn'stop them from moving forward, learn from them instead.
9. Know when to rest or take a break, you can have the money later and fail to have the happiness you desire.

10. Follow your purpose, pursue your passion and watch the universe financially work in your favor.

## What Are Some Lessons Every Men Should Know?

1. Boys are not stones and men are not rocks. Learn to ask for help when you need it.
2. Lions don't mingle with chickens. For you to mingle with kings, you first become a king.
3. If the only value you have in life is money, then you're poor.
4. Talk doesn't cook rice. Your vision is not enough, put in the work.
5. Humility and low self-esteem are different. Stay humble but always speak up for yourself.
6. If you think knowing how to play multiple women is a flex, try building multiple businesses or generating multiple leads.
7. No one is coming to save you, get up and go save yourself.

## 05 Deep truths of life

1. One day you will die and the rest of the world will move on with life without you.
2. Pain is unpredictable but suffering is by choice.
3. To be happy, you must first discover you have a problem.

4. Nobody knows a silent master. So, blow your trumpet in the right places, to the right people.
5. You can’t save the world. Be a light to the part of the world so bright that the rest of the world will choose to save their own part of the world.

## 05 Habits That Can Destroy Your Life

1. Procrastinating activities, when time doesn't care about your feelings.
2. Unhealthy lifestyle, when life can switch up in a whim.
3. Keeping a negative mindset, when you eventually become what you think.
4. Having terrible addictions, when you eventually become what you do daily.
5. Hustling rather than building/creating/investing, when you can never be wealthy through chasing money.

## 12 Golden Things You Learned With Age

1. Home is where your happiness is
2. Oftentimes, nobody can love you genuinely like your mother.
3. Nothing in life is worth dying for
4. There will be good days and bad days, you can't escape both.
5. Power tests your kindness, money tests your humility.

6. There are some mysteries in life that you will never understand till you die and that's okay.
7. Religion often make people look down on others who share a different belief and foster hatred toward others. Remember you are as convinced of your truth as millions of people who share different belief, so be kind.
8. If you can manage your time properly, you have no choice but to succeed.
9. No matter how big your achievements are, you will never be satisfied.
10. Choosing someone who loves you is often a better decision than the one you love.
11. Most celebrities you devote your life to online only see you as part of the crowd and you may not meet them personally till you die.
12. You may not get everything you want out of life. So, make good use of every moment while you're still here.

## Effective Ways To Become A Mentally Strong Person

1. Don't expect too much from anybody
2. Cultivate self-love and be committed to it
3. Be careful of whom you share your secret with, not everyone is discreet.
4. Loneliness fosters depression, build valuable relationships and know when to speak up.
5. Be positive in all situations yet, be realistic and prepare for the worse.

6. Read good books and listen to good audiobooks. It strengthens your mind.
7. Avoid investing with any money you can't afford to lose.
8. Regrets and pity promotes stagnation, never wallow in them.
9. You're the architect of your own destiny, always learn how to take responsibility for your mistakes.
10. Always remember that nothing in life is permanent, not even your own life.

## 09 Hard Pills You Must Swallow To Live Happy Life

1. Everyone can’t like you.
2. You can’t escape bad days, you can only strive to prevent and prepare.
3. Some of your beloved will hurt you at some point.
4. You will lose people who are dear to you.
5. Greatness doesn’t come easy.
6. The world won’t support you until you’re closer to greatness.
7. Most people will only love you conditionally.
8. You may not get to live long, make use of every moment.
9. You determine your happiness, I don’t, nobody does.

## Some Dark Truths That Have Made You Stronger

1. Life can be very unfair and nobody is special
2. Success doesn't come easy, you have to strive for it.
3. You will lose some of your colleagues, friends or family at some point.
4. To truly live, you can't be afraid of mistake, death or failure.
5. Life can be mysterious in some ways, there are some things you will never find out and that's okay.
6. No matter how good you are, it doesn't exclude you from getting betrayed.
7. Most people in today's world can't keep any secret.
8. If you help someone so they can repay you, you're a bad gambler. Give freely. (Gambling is against Financial Justice)
9. Life can change its side in a whim
10. Most people die with their dreams, make sure you're not one of them.

## 08 Pieces Of Life Advice From An Old Man

1. Time can be your biggest friend or your biggest enemy depending on how you use it now.
2. Know the difference between enjoying your youth and destroying your future.

3. Never take a faster route in life, it can never end well.
4. Be wary of friends, they're easily subjected to jealousy and envy.
5. Don't talk too much about your plans, show results.
6. Don't be seen everywhere with everyone, it decreases your value.
7. To go farther in life, practice self-discipline.
8. Never neglect God in your journey

## How To Develop Strong Presence & Personality?

1. Cultivate good values and don’t compromise.
2. Make money legally, it boosts your self-esteem.
3. Boost your physical and mental well-being through diet, workouts, rest, meditation, hygiene, environment, and relationships.
4. Always keep a positive mindset and a heart of gratitude.
5. Dress the way you want to be addressed and never forget to smell great.
6. Be known for something valuable.
7. Fall in love with getting your goals, watch the world support you later.
8. Encourage, coach or inspire others to get their goals.
9. Network with great people. Lions don't mingle with Chickens.

10. Be humble and kind-hearted but never tolerate disrespect.
11. Never compete with anyone but yourself.

## Some Golden Things Everybody Should Know

1. Never allow your race, status, philosophy or religion develop hate in your heart for others.
2. Spread love, spread kindness and spread hope. The world should be better today than it was yesterday.
3. You don't have to believe in other people's ideologies, history and religion. However, endeavor to give respect to what is sacred to others as if it were yours.
4. Never let other people determine your friends and enemies. Else, you can end up fighting the wrong battle.
5. Other people’s age of achievement has nothing to do with yours. Figure out your purpose and thoroughly follow it.
6. Success depends on two major things: The kind of company you keep and how you invest your time.
7. Every day is a great day to keep thriving or try again. Just don't sit and do nothing.

# 11 Valuable Advises Life Will Teach You

1. Before you choose a career, discover your passion, else you burnout.
2. Don't marry based on similar interests, they change. Instead, choose similar values and pray.
3. Before choosing your friends, ensure they are purposeful and passionate, else they become envious and plan to hurt you.
4. If you want to build wealth, don't be a hustler, rather be a creator.
5. Make sure you get the same energy from someone you claim to be in a friendship or relationship with. Else, you end up lonely.
6. Never focus too much on the past, you can never reverse the time. It's a waste.
7. If you don't eat your food like it's medicine, you will eat your medicine like it's food.
8. Be careful with what you say or do in front of kids, you can influence their life with any little action.
9. If you don't love yourself, you can't earn the respect of people.
10. If you want to live a happy life never compare your journey to others.
11. Lions don't mingle with chickens; your success also relies on your circle.

# What To Do When Life Gets Tough?

1. Forgive yourself for your past mistakes.

2. Rather than overthinking, reflect on what to do.
3. Find a solution as quick as possible.
4. Never compare yourself to others. They are also fighting a silent battle.
5. Surround yourself with your loved ones to prevent loneliness and solitude.

## How To Completely Change Your Life In The Next 6 Months

1. Sleep early and wake up early everyday for 6 months.
2. Plan your next day agenda a night before.
3. Prioritize 2hours every morning for prayer, meditation, and spiritual growth.
4. Exercise consistently and eat healthy diet for 6 months.
5. Read at least one book every month.
6. Dedicate more time to learn a new skill or master existing one.
7. Build your resume, apply for jobs every day or start a business.
8. Change your environment if it's not enabling your mental, emotional or business growth.
9. Spend your least time on social media unless it's for business.
10. Spend time with your family, foster productive relationships and create a good life for yourself outside social media.

# 08 Crazy Psychological Tricks You Can Play On Anyone

1. If you want to say a harsh truth to someone without getting them angry, use tact.
2. If you want to genuinely inspire someone, don't use a book unless you wrote it. Use your journey.
3. If you want to make someone love you, be honest. Transparent people are rare these days.
4. If you want someone to agree with you, don't argue with them. Provide proven facts and be open-minded.
5. If you want to make someone smile after going through a tough time, share them your personal story.
6. If you want someone to bond with you, give them your attention whenever you're free.
7. If you want to successfully network with someone bigger than you in your field, reach out to them with how you intend to help their brand grow on the long run.
8. If you someone to build genuine relationship with you, never approach them by showing off.

# 09 Ways to improve your conversation skills

1. Don't interrupt others while speaking.
2. Give room for others to communicate. Remember it's a conversation, not a speech.

3. Avoid digressing from the major topic.
4. Communicate with tact to avoid disagreement.
5. Speak calmly to avoid stammering and keep your listener along.
6. Smile often and use humor to enliven the conversation.
7. Look into people's eyes while speaking. Don't look away, look up or down. It shows confidence.
8. Ask question from the other person if you don't understand their point.
9. Politely tell them to come again if you couldn't hear something clearly rather than pretending to be listening.

## 07 Toxic Behaviors That Are Seen To Be Normal

1. Becoming vile towards other people because of celebrity stanship.
2. Men and women shift from true love to control and manipulation battle.
3. People getting intimidated by the achievement of those they should be learning from.
4. Framing lies or creating awful content on social media for clout.
5. The society money pressure on teenagers and youths in the process of growth.
6. Backbiting other people in the name of gist.
7. People pretending to be who they are not for public appeal.

## 7 Habits That Damage Your Brain

1. Social isolation and boredom
2. Poor sleep and excessive sleep
3. Alchol, smoking and drug addiction.
4. Loneliness and boredom.
5. Constant overthinking
6. Lack of exercise
7. Loads of stress and fatigue
8. Poor nutrition
9. Zero education.

## 08 Signs Of Extremely Low Intelligence

1. Difficulty in coming up with new ideas or improving existing ones.
2. Prioritizing entertainment over education.
3. Inability to speak or write fluently in any language.
4. Being controlled by one's emotion.
5. Inability to hold of lengthy conversations across different spheres of life.
6. Zero talent, artistic prowess or skill.
7. Easily manipulated by other people.
8. Making sentimental judgements over rational ones.

## Success Demands These 06 Things

1. Don’t chase money, create value.

2. Hard work is key. Luck only plays in when opportunity meets readiness.
3. It's not just about connecting with great people, know how to nurture the relationships.
4. Don't overpromise and under deliver.
5. Mastery is key, average attracts average results.
6. Your journey won't be smooth all through. Find what motivates you to keep you pushing.

## 05 Things For Everyone Carrying A Heavy Heart In Silence

1. Going through pain doesn't make you a bad person. Instead, it's one of those things that makes you human.
2. Never worry yourself over the past. If you can't change it, forgive yourself and let it go.
3. Remain positive and realistic. Negative mind sometimes attracts negative results.
4. Surround yourself with people that you genuinely matters to you and you matter to as well. This will help you from being lonely, sober one depressed.
5. Pain sometimes teaches us lessons. It's now our choice to make something out of it or make it a wasted suffering.

## 12 Great Lines For An Over thinker Person

1. There's no perfect time to start. Start now with what you have.
2. Stop worrying over things you can't change.
3. You're capable of making your own decisions.
4. People will always have opinions about you and that's okay.
5. Speak out, you never know where your help is.
6. Forgive others, it will bring you peace and happiness.
7. Don't allow your hurtful past bring you down. Work on current problems that can prevent such situation in the future.
8. You are liable to make mistakes and that's okay. You're human after all.
9. Overlook minor issues from others sometimes. Not everything is worth your energy.
10. Being curious is amazing, not being anxious.
11. Sometimes your assumptions are wrong so don't stress yourself too much.
12. Let your brain rest, your health is your life.

## Some Dark Secrets About Today Society

- There is no such thing as dark secrets of society... everything is already happening in front of your eyes.

- Everyone now prefers money over anything. By anything i really mean anything. Even yours and my own parents won't accept us if we're not worth anything.
- If you're a rich guy people would automatically respect you, consider you as an ideal person, envy you, etc etc because you kind a smell like money □
- Spend your attention wisely. Reels have already ruined our attention span period. Some people now can't even go through a movie in a single sitting.
- Too much information can ruin your mind.
- Don't think that every person you see an ideal is a perfect human. You don't know the other side of coin. □
- Slowly and slowly society is falling apart.
- Be political nowadays. Gone are the times when honesty was actually seen as the best policy. If you can't be like that then stay away from such people.
- Showing off is the new trend. Advertising is the new trend. Ever wondered why everyone shows that one little act where they do something good and post it on media. They want you to think that they're actually very nice and genuine.

## 08 Things To Remember When People Hate On You

1. Everybody can't love you even if you sell ice cream.
2. Haters most times are a sign you're reaching the point of success.
3. People hate on you most times when they can't do what you're capable of.
4. Haters sometimes don't have a reason for hating you. They're just naturally weird.
5. People get to love you sometimes when they figure out some hates you for no reason.
6. You can never do anything right in front of your haters. So, don't try to convince them.
7. You will acquire more haters as you progress in life.
8. Believing your haters now loves you is surrounding yourself with a disguised enemies.

## 06 Types Of People Everyone Should Avoid In Life

1. People who do eye-service, they care about you and do everything to please you in your presence but plot against you when you're not there.
2. People who belittle your achievements, they believe they're better than you and that you're only lucky.

3. People who feel ashamed or too big to support your dreams.
4. People who are hot-tempered and can injure or ruin you because of a little misunderstanding.
5. People who reach out to you when they only need something from you.
6. People who have no purpose, direction and goals in life.

## Learn To Judge These 05 Things About Any Person

1. Before you decide a person's character, let them have money.
2. Before you decide a true love, let time pass.
3. Before you decide a person's loyalty, let them be exposed to better connections.
4. Before you decide a person's integrity, borrow them money.
5. Before you decide a peaceful relationship, watch them get angry.

## People Who Are Truly Successful Usually Exhibit These 11 Behaviours

1. They are persistent. It takes years to build a startup into a unicorn same way it is for success.
2. They are disciplined. Successful people understand that time is wealth so they spend it on things that really matters like education.

3. They attain mastery. To succeed at something, you should never try to become great at several things at the same time.
4. They diversify. It's learn one thing at a time not learn one thing for the rest of your lives. Successful people always strive to expand. That is why startups later incorporate other features and large companies acquire other companies.
5. They network. Successful people are friends to each other. They are either good friends or friendly competitors.
6. They are creatives. Most successful people are creatives. As Scholars of Ahle bayt's knowledge, they are solution-oriented people and as creatives, they are exceptional and fast thinkers.
7. They are purposeful and passionate people. Most successful people live for creating value and spend most of their years doing what they love to do.
8. They are confident and courageous. Most successful people are not afraid to start something. They are not scared to start a business, learn something now or do something new.
9. They leverage other people's talents. Most successful people knows how to leverage other people's intelligence and skillset to excel. That is why CEOs have employees and strikers have midfielders to help them hit their target faster.
10. They evolve faster. Successful people are constantly evolving for growth. They constantly

learn high-demand skills, improve original creation or invention and build their values.

11. They learn from their mistakes faster. Successful people don't wallow in self-pity and don't repeat the same mistake.

## Being Enlightened Gets You Everything In Life

Those who are enlightened get what they want by benefiting from movement and changes, whether positive or negative. It no longer matters to them whether the stock goes up or down. They have strategies to make money either way. It no longer matters to them whether which person likes or don't like them, or when their partner is happy or unhappy with them. They simply allow themselves to enjoy all the happiness and positive energy they experience from whoever, whenever and however it comes.

Enlightened manifestation of your desires is about getting the essence of what you want and not being attached to the form or channel. Those who are attached to form or channel will suffer more and more, and have less and less self esteem. Whereas those who are not attached will be able to enjoy more and more of the things they like in life, and have more and more self esteem. Those who have more self esteem are more capable of having the success and relationships they want compared to the others.

Freedom from attachment is also the reason why the rich get richer and the happy get happier, while the poor get poorer and the unhappy get unhappier. Having comes from being. When you are being detached, you are resonating with having. When you are being attached, you are resonating with not having. That is why it has always been said that you will finally be able to have what you want when you no longer want it. It does not mean you do not want it, but you are no longer in a state of wanting it.

## 07 Things You Wish You Had Known Sooner

1. Don't spend your lifetime trying to please people at the expense of your happiness. If you die today, the whole world will move on without you.
2. When you start growing, some of your friends will fall apart and that's okay.
3. Most times, people will always do what they intend to do. Don't worry too much about changing people.
4. You're your biggest cheerleader. No one will ever support you until you support yourself.
5. Relationships are meant to be healthy, productive and profitable. If it's by pity or self-

perception then you don't need it in the first place.

6. Money can buy you happiness and sometimes it can not depending on your most important need in life.
7. You can never be fully ready for anything in life. Start early, fail early and learn early.

## What Golden Advice Did You Learn In Your Life?

1. If you put your happiness in other people's hand, you will end up with disappointed.
2. If you allow your religion, race or beliefs cloud or pressurize your love and empathy towards other people, you're evil.
3. If you are in favor of falsehood despite knowing right and wrong, then Iblis is grateful to you.
4. You can never find peace in life until you forgive yourself.
5. Life can be very short when we least expect it to be. Never let each moment pass without giving your best.
6. Your family is your backbone, always ensure you stay united.
7. Most people love won't support you until it's part of the trend to do so.
8. Finding love is when you can't wait to share your beautiful life with someone else, selfishness is when you can't wait to get

someone to help you escape from your suffering.

9. You won't be young forever so break bones while you still have teeth.
10. Life is filled with ups and downs, you can either do something with your pain or make it a wasted suffering.
11. Don't explore life in a way that makes you forget your conscience.
12. You can never know everything in life, be teachable.
13. Never neglect the God factor in your life.

## The Ways To Become A High Quality Man

1. Start by getting the highest paying job you can get . Be the hardest working man in the room, always.
2. Get more responsible. Pay your bills on time and reach your workplace on time . Remember, you are capable of so much more.
3. If you have got any skill, level up and make it earn money for you . Start any side hustle , women love it and men respect it.
4. Adopt the 5 hours rule . Spend the 1 hour a day , 5 days a week , leveling up your skills , be it reading , studying or painting.
5. Become dangerous. Start boxing or karate classes , learn how to hurt people , destroy things and take a beating.

6. Increase your self-discipline. Remember pain of discipline is less than the pain of regret and disappointment.
7. Create your own set of beliefs and standard about what you expect and will tolerate in your life . Like , I will not hang out with people who drink , smoke or have no ethics.
8. Improve your lifestyle. Cultivate good habits like reading, meditation and cut on bad habits.
9. Start working out be it yoga, boxing or hiking.
10. At the end of the day, you have to answer yourself and your conscience," Did I live today according to the values and beliefs ? Was today a day of peace for me?.

## Some Life Lessons For Personal Growth And Fulfillment

1. Do one thing that takes you closer to your goal each day.
2. Never inherit friends and enemies from anyone.
3. Don't spend too much time on social media unless it's for your brand's visibility, growth or business.
4. Learn how to sell, learn how to build or learn how to combine both.
5. Time is wealth, don't spend it on things or people that don't add any value to you.
6. Be grateful, challenges are part of life's mysteries and are oftentimes temporary.

7. Be impactful, you're not on this planet solely for your personal interest.
8. Love others. Hatred breeds anger and sadness.
9. If there's no peace there, there's a problem there.
10. Don't forget to invest in your soul. That's the one thing that'll remain with you for life.

## Psychological Tricks To Manipulate

1. Having a heated argument… Ask the other person if they are okay because they're breathing really hard. They will stop arguing and try to pay attention to their breathing. Resulting in the end of that discussion.
2. When you're bargaining with someone, convene in a coffee shop instead of a conference rость com, so your partner is less inclined toward aggression. People tend to be more selfish when they see work-related objects than when they're surrounded by neutral items.
3. Give someone something they need so they feel obliged to return the favor. When they thank you for helping out, say "Of course, it's what partners do for each other.
4. Subtly mimic the way someone is sitting and speaking to get them to like you more. They probably won't even notice you're copying them.
5. When someone disagrees with you, speak faster so they have less time to process what

you're saying. If the person agrees with you, speak more slowly, so they have time to evaluate the message.

## Great Psychological Tricks That Actually Work

1. If someone insults you, pause for a second and look at them and say, “are you okay”.
2. The best way to get a detailed and correct answer is not to ask a question, but to make a false statement about it. People love to correct others and at that moment they concentrate fully on a correction and this is a plus point for their ego.
3. If you are in an argument keep your voice calm, it will give them the impression that you are winning the argument.
4. If someone is yelling at you, just look in their eyes and say,” damn, all what they said about you is true”, they won't say another word.

## Some Psychological Tricks To Know If Someone Has A Crush On You

1. You notice that this person is looking at you often. It might be a daring eye stare, constant glances, or occasional shy peek.
2. On social media, a person who has a crush on you will surely follow your accounts.

3. They might have a hard time keeping or breaking eye contact with you;
4. They blush or stutter when chatting to you.
5. They try to stand straighter and appear stronger, more seductive, feminine, masculine, or intelligent when you are around (depending on the person);
6. They tend to touch their hair a lot;
7. They might bring you food, small gifts, or souvenirs from their weekend trips;
8. They will try to be the center of attention if you're somewhere around;
9. They might appear nervous, clumsy, and even a bit awkward around you. This is all thanks to the adrenaline rushing through their veins and arousing their nerves;
10. Try to show you something interesting on their phone.
11. They will offer their help without being asked;
12. They May Try To Look You In The Eyes… For A Little Longer

## Psychological Tricks To See If Someone Is A Psychopath

1. They will flatter you with fake compliments.
2. They are adept at mirroring your dreams and ambitions and relating them to theirs .
3. They act very innocently when it comes to gaining sympathy or any kind of favours.

4. They'll construct fake histories and tell to how people have been rude to them.
5. They will make you feel guilty.
6. Their goal is to gain the central position of your focus and to make sure that you're always available for them.
7. They will break rules and try to keep themselves indifferent as if nothing happened.
8. They get bored for no reason.
9. They are chronic liars.
10. They're always unwilling to take responsibility.

## Some Deep Things You Should Read Today

1. "It's no use going back to yesterday, because I was a different person then."

2. "Man is the only creature who refuses to be what he is."

3. "Without deviation from the norm, progress is not possible."

4. "When what you hear and what you see don't match, trust your eyes."

5. "There is nothing either good or bad, but thinking makes it So."

6. "Wise men speak because they have something to say; fools because they have to say something."

7. "Life is really simple, but we insist on making it complicated."

## What Are Some Green Flags About Someone

1. They stop doing things that make you uncomfortable.
2. They make you feel respected and important.
3. You feel safe to express yourself openly.
4. They encourage your connections with other ( friends and family).
5. They speak about their ex-partners with respect.

## Some Biggest Things You Wished To Know Earlier

1. People change sometimes for better, sometimes for worse.
2. Your loved ones won't stay beside you forever even if they really want to.
3. Things you can control are limited even if you've tried your best.
4. Time flies even if you really want to pause the moments.
5. Everyone is unimportant when you compare yourself to the vast universe.
6. People are selfish though they try hard not to be like that.

7. Life is hard but it's also beautiful.

## 06 Coolest Psychological Hacks You Should Read!

1. If people are arguing stand in between them and eat something-it will loosen the tension.
2. If you are having an argument with someone just start laughing it will make them soooo mad.
3. If someone insults you , ask them if they are ok- this will make them feel really stupid.
4. If someone is crying , ask them - 'do you want sand?'. Confusion improves mood.
5. Turn to people and say, " Don't you hate people with dry lips?". They will normally lick their lips slightly and say, ' no , why?'.
6. If you want someone's attention, start the convo with , " I'm not supposed to be telling you this, but..."

## If You Have Time, Read These 06 Things!

1. Material possessions won't make you better or happier.

2. You can't make everyone happy. If it is your goal, you are bound to lose yourself.

3. Being perfect is unrealistic. Being a better version of yourself should be what you pursue.

4. Your achievements and successes won't matter as much as your precious memories on your deathbed.

5. The more you want to find happiness in the outside world, the more likely you'll fail. Happiness is not a treasure to be found, but can be built within ourselves.

6. Your actions speak louder than your words. Stop trying to influence others with what you say but with what you do.

## How To Know When Someone Is Manipulating You?

1. They use guilt to get you to do things for them.
2. They over flatter you in a way that does not seem sincere.
3. When you confront them with something they did wrong, they tell you something you did wrong in the past, and they take the focus off of what they did, and onto what you did.
4. They use your words against you. They twist everything you say, to their benefit. And you find yourself defending yourself, while they are off the hook.
5. They are cold, or distant and they take away things, when you don't do what they want you to do.

6. They do or say horrible things, and then they say it's a joke, or you are too sensitive, or that is not what they meant.
7. They are persistent until they get a YES

## What Are The Coolest/Most Interesting Psychology Facts?

1. Girls are naturally better at catching lies than boys.
2. When someone looks at you during an argument, they're thinking why you're not telling the truth.
3. If people talk gossip with you, they'll gossip about you too.
4. Getting paid for doing what you like might make you less creative.
5. The thing that people remember the most about you is your charisma.

## Remember These 09 Things In Your Professional Life

Corporate rules for happy life:

1. Trust nobody.

2. What happens in office, remain in office. Never take office gossips to home and vice versa.

3. Enter office on time, leave on time. Your desktop is not helping improvement in your health.

4. Never make GF/BF and/or brother/sister in office. It will always backfire.

5. Expect nothing. If somebody helps, feel thankful. If not, you will learn to know things on your own.

6. Never rush for position. If you get promoted, congrats. If not, it doesn't matter. You will always be remembered for your knowledge and politeness, not for your designation.

7. Never run behind office stuff. You have better things to do in life.

8. Avoid taking everything on your ego. Your salary matters. You are being paid. Use your assets to get happiness.

9. It doesn't matter how people treat you. Be humble. You are not everyone's cup of tea.

Bonus tip:)

10. In the end nothing matters except family, friends, home, and Inner peace

# Connect with Universal Life Energy for Success

No matter what we do, be it a physical, mental or emotional activity, we should never use our own very limited supply of life energy. We should always take the trouble to make contact with the universal reservoir of life energy. The more we use it, the more we have because it is the everlasting fount of life that always gives us more than we can receive. We may be in direct and constant contact with the universal life energy all the time but we're not conscious of it. We think we're separated from the all power.

Therefore we need to reestablish on the mental plane that which was lost there, though actually we have never lost that contact on the spiritual plane. As long as we are not conscious of the flow of universal life energy though us, we do not derive much benefit from it even though it is there. We need to believe in the truth in order for it to have effect in our lives. It is true that you are free, but believing that you're not free causes you to trap yourself. Your consciousness creates your experience about reality.

We do not need concentration or strong mental effort to contact the life vibrations. All we need to do is to become conscious of their continual flow in us to establish the contact. The easiest and simplest way of contacting universal life energy is through mental contact. Simply think the words "I am one with universal life energy. It is flowing through me

now. I feel it." and feel it. Relax physically, mentally and emotionally and feel harmony within you. When you're in that state, the power is flowing through you.

## Interesting Facts About Psychology

1. Women who have older dads are mostly attracted to older dudes.
2. You are roughly as much as 20% more attraction in other's eyes than in yours
3. Men with beards are generally considered a more trustful partners by women.
4. The thing that people remember the most about you is your charisma.
5. Men generally worry about their partner's weight while females about their partner's height.

## How do we get peace of mind? How can we maintain it?

**Mindfulness:**

- Practice mindfulness by focusing on the present moment without judgment.
- Pay attention to your thoughts, feelings, and sensations, and let go of worries about the past or future.

**Self-Care:**

- Prioritize self-care activities that promote relaxation and well-being.
- Engage in activities you enjoy, such as reading, taking baths, listening to music, or spending time in nature.

**Healthy Boundaries:**

- Set healthy boundaries in your personal and professional life.
- Learn to say no when necessary, and prioritize your own needs and well-being.

**Simplify Life:**

- Simplify your surroundings and routines. Declutter your physical space, organize your belongings, and streamline your daily tasks to reduce unnecessary stress and overwhelm.

**Gratitude Practice:**

- Cultivate a gratitude practice by regularly acknowledging and appreciating the positive aspects of your life.
- Write down or verbally express things you are grateful for, fostering a sense of contentment and perspective.

**Positive Relationships:**

- Surround yourself with positive and supportive relationships.
- Spend time with people who uplift you, provide emotional support, and contribute to your overall well-being.

**Letting Go of Control:**

- Accept that there are things beyond your control and focus on what you can influence.
- Practice letting go of the need to control every outcome, which can alleviate stress and anxiety.

**Healthy Coping Mechanisms:**

- Develop healthy coping mechanisms for managing stress and difficult emotions.
- This can include techniques like deep breathing, journaling, engaging in hobbies, or seeking professional support when needed.

**Time for Reflection:**

- Set aside time for self-reflection and introspection.
- Engage in activities like journaling, meditation, or quiet contemplation to foster self-awareness and gain insight into your thoughts and emotions.

**Seek Support:**

- Reach out for support when you need it.
- Share your concerns and thoughts with trusted friends, family members, or professionals who can provide guidance, understanding, and perspective.

# Signs That Someone Is A Brilliant Man

- He is honest.
- He is humane in approach.

- He prefers logic over emotions most of the time.
- He cares about what is right in his own way.
- He doesn't copy anyone else.
- He doesn't envy someone he doesn't know.
- He creates his own style, way, move, etc.
- He is respected by his enemies for his professionalism. In short he's professional while doing his work.
- He cares about the betterment of everyone.
- He treats everyone equally.
- He doesn't think too much about himself and doesn't take himself way too seriously.
- He can laugh at himself when life jokes.
- He is a man of principles.
- He believes in something and takes a stand for it.
- He doesn't let his views get influenced by just anyone.

## Tricks To Avoid Taking Things Personally

- when your friends and parents make fun of you ( sometimes) let them…. Don't take their words too seriously.
- If you find someone back-b^tching about you… ask yourself if that person is worth your time? Do you even want to talk to him/her?
- Don't even pay attention to the comments made by trolls, losers, defaulters.

- Always prefer mental peace above conflicts. Ignore the idiots. Hun
- Never take the words of a drunkard seriously. He's drunk ….. that's just whiskey talk.

at the end…..

**take your work seriously but don't take yourself seriously.**

## Some Random Sad Facts About Human Beings

Here are some random sad facts about human beings, to ponder on the bittersweet beauty of our existence:

**1. We are all alone in the universe (as far as we know):** Despite the vastness of space and the billions of stars, there's no concrete evidence of extraterrestrial life yet. This can be a sobering thought, reminding us of our precious and fleeting existence on this tiny blue planet.

**2. Most of our dreams are forgotten:** We spend a significant portion of our lives in the dream world, but upon waking, most dreams fade away like smoke. This fleeting nature adds a touch of melancholy to our dream experiences.

**3. We are constantly losing brain cells:** As we age, our brains naturally lose neurons. While the brain is remarkably adaptable, this gradual decline can be a sad reminder of our impermanence.

**4. We spend a lot of time waiting:** From traffic jams to doctor's appointments, a significant portion of our lives is spent waiting. This can be a source of frustration and a reminder of the limitations of our time on Earth.

**5. Most of our wishes never come true:** We all have dreams and aspirations, but many of them remain unfulfilled. This can be a source of disappointment and sadness, especially as we age and realize the limitations of our reach.

**6. We are all going to die:** This is the ultimate sad fact of human existence. Mortality casts a shadow over everything we do and reminds us of the preciousness of our time here.

**7. We often hurt the ones we love:** Even with the best intentions, we can unintentionally inflict pain on those closest to us. This can be a source of regret and sadness in our relationships.

**8. We are capable of great cruelty:** Human history is unfortunately filled with examples of violence, hatred, and suffering inflicted by one human upon another. This capacity for cruelty can be a disheartening reminder of the dark side of our nature.

**9. We can never truly know another person:** Despite our deepest connections, we can only ever experience a filtered version of another person's inner world. This inherent unknowability can be a source of loneliness and isolation.

**10. The universe will eventually end:** In the grand scheme of things, our individual lives and even our entire civilization are but a blip in the cosmic timeline. The eventual end of the universe adds a sense of cosmic insignificance to our existence.

Remember, while these facts might be sad, they also highlight the preciousness and fleeting nature of our lives. It's a reminder to cherish our loved ones, make the most of our time, and strive to leave a positive impact on the world during our brief stay on this pale blue dot.

## How To Become Dangerous And Impressive?

It's important to clarify that being "dangerous" in a harmful or threatening sense is not advisable or commendable. However, if by "dangerous," you mean being strong, capable, and respected, and by "impressive," you mean inspiring admiration or awe through positive attributes and actions, then there are constructive ways to work towards these goals. Here are some steps to help you become more capable, confident, and impressive in a positive way:

**1. Develop Skills and Knowledge:** Continuously educate yourself and acquire new skills. This might include physical skills like martial arts (which can make you more capable in self-defense, thus "dangerous" in a controlled, disciplined way) or intellectual skills such as learning new languages, technology, or any field of knowledge.

**2. Physical Fitness:** Regular exercise not only improves physical health but also builds discipline. Being in good physical shape can be impressive and make you capable in many situations.

**3. Confidence:** Cultivate self-confidence. This often comes from competence and a sense of self-worth. Remember, confidence is not about being infallible, but about trusting in your ability to handle challenges.

**4. Emotional Intelligence:** Develop your emotional intelligence. Understanding and managing your emotions, as well as empathizing with others, can be a powerful tool in interacting effectively and respectfully.

**5. Ethical Strength:** Stick to a strong ethical code. Being trustworthy, honorable, and having integrity can make you impressive in a deep and lasting way.

**6. Leadership Qualities:** Develop leadership skills such as decision-making, problem-solving, and the ability to motivate and inspire others.

**7. Communication Skills:** Being articulate and a good listener makes you more engaging and persuasive.

**8. Be Adventurous and Take Risks:** Stepping out of your comfort zone and facing new challenges can lead to growth and demonstrate courage and adaptability.

**9. Mastery:** Aim for mastery in whatever you do. Whether it's your profession, a hobby, or a sport, excelling in something can be very impressive.

**10. Networking and Relationships:** Build a strong network of relationships. The people you know and how you interact with them can have a big impact on your life and opportunities.

**11. Self-Defense Training:** Learn self-defense, not for the purpose of aggression, but to ensure you can protect yourself and others if necessary.

**12. Cultivate a Balanced Life:** Balance your professional and personal life. Taking care of your mental and physical health is crucial.

Remember, the goal of being "dangerous" in a positive sense should be about personal strength, resilience, and the capacity to protect and empower yourself and others, rather than posing a threat. Being impressive should stem from genuine personal development, ethical conduct, and positive contributions to your community.

## Phrases That Strengthen Perspective About Love

1. Love isn't about avoiding fights; it's about apologizing and trying again.
2. If someone truly wants to be with you, they'll put in the effort.
3. Love alone isn't enough; it takes effort and understanding too!
4. Sometimes, someone may seem amazing, but not the right match for you.

5. People aren't projects to fix; trying to save them may make you lose yourself.
6. Don't doubt yourself; don't believe those who say you ask for too much.
7. Love languages aren't a science, but they help us understand how we give and receive love.

## Spot A Manipulator!

1. They appears to be "**too much caring** ". If you are getting too much of attention from a stranger then take a pause often and evaluate
2. A standard technique they apply is : whenever you ask them anything which you find suspicious they will start blaming you. **Blame Game** is a great tool they use to divert questioning
3. To gain brownie points they will slowly **instigate** you against your closed ones . You start suspecting your closed ones
4. Most of the manipulators are **good communicators.** Not the vice versa always though. They know how to extract your thoughts without revealing anything about others .
5. Most of the manipulators tell emotional stories which are often lie or fictional. You start empathizing and then you fall into trap.

When someone tells you such stories from beginning then take a pause.

6. They will again and again say you “how close they are to you” even though you just met them few days ago or have interacted few times before . If you feel that superimposing vibe wait for a while
7. Most of the manipulators show their real colors only after a while and soon they will ask you for big favours.

## Some Signs That Show Someone Is Dangerous For You

1. They apologize, but they don't actually change their behavior.
2. They constantly point out your flaws to make themselves feel better.
3. They never admit when they're wrong or have weaknesses.
4. They get really mad or upset when you tell them you're frustrated.
5. They put their own insecurities onto you and make you feel bad.
6. They never take responsibility for their actions and blame others instead.
7. They hold onto past mistakes and never let you grow from them.
8. They lie a lot to avoid facing reality.

# Social Skills Can Learn In Just 10 Minutes

1 - speak slowly and enunciate your words

2- never assume anything about a person based on clothing (or anything else, to begin with - avoid making first impression of the other)

3- never use the words ‘never’ and ‘always’

4 - if you are an introvert make a conscious effort to have a conversation - otherwise people might think you were shy or even hostile

5 - try to smile some even if you are a man, like me, who doesn’t do it much (takes away possible conclusions of arrogance)

6- never cross your arms (clasping hands behind your back is iffy but OK)

7 - blue jokes are still not OK in mixed company, much less with older people

8 - religion, politics, and sex are for when you know someone well - hence develop small talk.

# What Are Ten Truths Everyone Should Accept In Life?

1. Wait until you Cannot find a trustable person
a. Don't ignore your loving ones.
2. We came alone we need to go alone
a. Love,money,friends are tress of our destination.
3. We are the one who always attracts by someone
a. Rather it is by word, face or work
4. Dad loves their daughter more than their sons.
a. Also Daughter loves more to their dad than mom (In my opinion)
5. Boys always share their problems to mother's first.
a. Mother who understands every situation in every tough time
6. We have both good and bad time.
a. But different situations
7. Boys are attracted to girls who have long hairs
a. Proved in psychology
8. Every dad wants to show a caring, loyal husband to their daughters
a. Dad who always wants to show their daughter smile
9. Giving birth is not equal to that person who gives you love, care (In my opinion)
a. Birth mom and caring mom
10. The love between brother and sister in like sun and moon.

# Things A Woman Should Know About Men

- All men's are not always wants sex.
- Men's love their mom and dad more then you no matter how close are you.
- Men's have the best brotherhood. They go and do help their friends
- Men's always prefer carrier then a woman.
- They always need some efforts from your side to if you do a effort then they are ready for again 100
- Mostly men are not a fashionable lover. They are just simple with their dressing sense
- Men's commonly forget the date of their favorite occasion but not always they do the same
- Generally, they like shirt with the combination of pants with a whole set of shoes
- They prefer analog watches then smart watches
- They keep distance from a married women or an engage woman.
- If they stare you while talking it's the confidence of theirs.
- They cry but you will never know when they will.
- Men's have their own responsibilities don't take there all hours for time pass.
- If a men crying for you he genuinely love you.
- From the age of 15 they started to get all the pressure from society till they don't get settled. They didn't get any compliments

- If a girl gives them a compliment they feel really so good.
- Friendship over relationship. If they have good friends.
- If a man is crying in front of you they trust you don't break it their trust.
- Men's are not always those cheesy guys who supports a woman for Doing wrong things for getting the attraction of girls.
- It's a secret thing talk to men they will tell you everything if you have a good place in their heart
- Men is men. They love their women.

## What Do Teenagers Do That Other Teenagers Find Cringe Worthy?

- Faking their accent. Like bro, you don’t sound cool, you sound unauthentic.
- Posting every damn thing on social media. Posting is cool but not every little detail of your life.
- Buying expensive shit and regretting later.
- Doing drugs isn’t cool. It’s toxic.
- Copying others.
- Seeking unwanted validation.
- Being disloyal. Betrayal and toxicity have become so common that it’s hard to trust people in relationships.
- Skipping studies. Don’t study all night but at least for exams.

- Posting selfies like these where face isn't seen.

## How Do You Control Yourself And Calm Down When You Become Angry?

**I RESPOND, I don't REACT.**

Getting aggressive is very common when you're angry, but the key is to control it. You might be shattering the other person with your words and actions, but keeping calm is the way to deal with it. Things can be sorted out much easier when things are spoken and discussed. The difference is that it turns into an argument in anger and then into a contention. If you're calm, it becomes a smooth conversation.

I usually isolate myself and do not react immediately. I journal and then vent to someone. When I feel like I'm ready both mentally and emotionally, I go and let the person know the reason for my anger. I control myself by listening to soothing music. Trust me, it really works, even though it sounds cliche. You can affirm to stay calmer, and that will help you immensely too.

**A response is a very conscious reflection. It happens only when you contemplate and analyze the situation thoroughly. A reaction is what happens immediately. It is more violent and pessimistic. So from now on, ask yourself, "Am I responding or just reacting?".**

## Which 10 Things We Should Never Do?

1. Stop **expecting from others**. Expectations only lead to disappointments.
2. Never **ignore** the people who make an effort to check on you.
3. Never ever **judge people** before knowing their side of the story.
4. Learn to say **NO** and prioritize your sanity over anything else.
5. Always **stand up and fight for yourself** because no one will come to help you.
6. Never ever **sabotage and compare yourself**. You are precious and unstoppable.
7. Don't **rush into things** such as losing virginity, drugs, smoking and drinking just to look cool or cause of peer pressure. Even if you smoke/drink make sure it does not become an addiction.
8. Quit **procrastinating and being lethargic.** These will cost you a lot in future.
9. Never ever **compromise on your goals and dreams.** I repeat, NEVER!
10. Always **stick to your words** and don't break your promises.

## What Were Us Taught Incorrectly When We Were A Child?

As a general statement, it's important to note that what individuals are taught can vary widely based on cultural,

societal, and individual differences. Additionally, perspectives on what might be considered incorrect can also differ. However, some common examples of things that people may have been taught incorrectly or misconceptions they might have acquired during childhood include:

**1. Stereotypes and Bias:** Children may be exposed to stereotypes or biased information about certain groups of people, which can lead to misconceptions and prejudices.

**2. Scientific Misconceptions:** Sometimes, early education may impart simplified or outdated scientific information that may be later revised or refined. For example, outdated models of the solar system or misconceptions about certain scientific principles.

**3. Historical Inaccuracies:** History education can sometimes be subject to biases or inaccuracies, presenting a limited or distorted view of events.

**4. Social Norms and Expectations:** Children may be taught certain social norms or expectations that can be restrictive or perpetuate gender roles, for instance.

**5. Health and Nutrition Myths:** There might be misconceptions about nutrition, leading to unhealthy eating habits or beliefs.

**6. Language and Communication:** Children might pick up language-related misconceptions or incorrect

grammar usage, especially if exposed to informal language patterns.

It's important for individuals to engage in continuous learning and critical thinking, questioning information to separate fact from fiction. Education is an evolving process, and corrections or updates to what was learned in childhood are natural as people grow and gain more knowledge.

**Like taught us " Be kind to everyone"**

As toddlers we were taught to spread love and compassion. There's something beautiful in giving and caring. But, here's the red flag.

Being kind with everyone will cost you a heck lot. The correction is be kind to people who deserve your kindness.

In a world that we live today, the most honest and innocent people are betrayed. People with good hearts are broken and shattered. Our own kindness shouldn't cost us.

If someone bullies you, prove them.

If someone yells at you, yell back at them.

If someone tries to take advantage of your kindness, cut them off.

If someone cheats on you, dump their ass.

If someone tries to put you down, stand up and fight for yourself.

## Most Important Things We Need To Teach Our Children Early In Their Life

Teaching children important life skills and values early in their lives can contribute to their overall development and well-being. Here are some key areas that are often considered important to focus on:

- Tell them that beauty comes in all shapes and sizes even in metaphysical phenomena and spiritual education.
- Teach young girls about their chastity and limits.
- Teach young boys to respect women and tell them about consent.
- Teach them to adapt to their flaws and be authentic.
- Enhance their arousing curiosity.
- Give religious and realistic insights on sex education.
- Teach them to be independent and strong.
- Teach them to confront and stand up for themselves and for rights of human community against satanic materialism.
- Teach them the power of passion and purpose.

- Be their best friend, let them never hesitate to talk to you!
- Support them and tell them you got their back no matter what.
- Above all, teach them to be empathetic, kind and loving.

**1. Empathy and Compassion:** Teach children to understand and share the feelings of others. Encourage kindness, empathy, and the importance of helping those in need.

**2. Resilience:** Help children develop resilience by teaching them how to cope with challenges, setbacks, and disappointments. This includes problem-solving skills and a positive attitude toward learning from mistakes.

**3. Communication Skills:** Effective communication is crucial. Teach children to express themselves clearly, listen actively, and understand the perspectives of others. This includes both verbal and non-verbal communication.

**4. Critical Thinking:** Encourage children to think critically and independently. Teach them to analyze information, question assumptions, and make informed decisions.

**5. Curiosity and Creativity:** Foster a love for learning and exploration. Encourage curiosity,

creativity, and a willingness to explore new ideas and experiences.

**6. Self-Confidence:** Help children develop a healthy sense of self-worth and confidence. Encourage them to take on challenges, set goals, and believe in their abilities.

**7. Responsibility and Accountability:** Teach children to take responsibility for their actions. Help them understand the consequences of their choices and the importance of being accountable.

**8. Social Skills:** Develop their social skills by encouraging positive interactions with peers and adults. Teach them the importance of teamwork, cooperation, and resolving conflicts peacefully.

**9. Healthy Habits:** Instill good habits early, including proper nutrition, regular exercise, and sufficient sleep. Teach them the importance of maintaining a healthy lifestyle.

**10. Financial Literacy:** Introduce basic concepts of money, saving, and budgeting. Help them understand the value of money and the importance of making informed financial decisions.

**11. Cultural Awareness and Diversity:** Foster an appreciation for diversity and different cultures. Teach children to respect and celebrate differences in race, ethnicity, religion, and perspectives.

**12. Environmental Responsibility:** Instill a sense of environmental responsibility by teaching children about the importance of conservation, sustainability, and taking care of the planet.

Remember that these skills and values are best taught through a combination of modeling, active engagement, and open communication. Parents, caregivers, and educators play crucial roles in helping children develop into well-rounded and responsible individuals.

## Study Hacks Every Student Should Know

Always keep your phone switch off or in airplane mode.

Put a water bottle near by you.

- Drink lots off water it keeps you hydrated.

If you had your own room than put out a note of do not distrub.

If something is that you could not learn than try to learn in codes.

Morning study's are always better than night ones.

Teach your friends crush, so it may clear your topics as well as you can came near to them.

When you listen from your crush any topics you understand well but make sure he/she knows that topic clearly.

## What Are Some Things You Have Accepted As An Adult?

- Prioritize your carrier
- Be self-dependent as much as you can.
  - No one helps you not even your wife in this generation
- "Money" the thing which can buy everything
- Work on yourself
  - If you cannot then this society will judge you
- Never beg for friendship, Relationship.
  - If they care they will stay
- Score good marks
  - If you cannot then you are not among those qualified students
- Never lose hope do it till the end
  - Yes it is for you ;)
- In the last choose a correct partner
  - It was a question of spending life

## What Is The Hardest Lesson You've Learnt In Life?

- Save your time as much as you can.
- In this world, no one knows you better than yourself, so be yourself, even if you are talking with your crush.
- Don't trust anyone, even if they are your friends.
- Don't sacrifice yourself for someone else; if they value you, they will stay; don't beg them.
- Care for those who care about you.
- Never tell your problems to anyone because they may not care about you.
- Keep your crush or spouse relations private; sometimes, people can ruin relationships.
- Don't share your success with anyone because they may not like it.
- Love your parents; they are there for you.
- Exercise regularly for fitness.
- Study consistently; consistency is the key.

## When is depression considered severe?

1. When daily activities become a **struggle**, like getting out of bed or eating.

2. **Feeling** overwhelmingly **sad** or **empty** most of the time.

3. Losing interest in things that used to bring **joy** or pleasure.

4. Changes in **sleep patterns**, either sleeping too much or not enough.

5. Experiencing significant **weight loss** or gain without intentional changes.

6. Difficulty concentrating or making decisions.

7. Constant fatigue or **lack of energy**, even with enough rest.

8. Persistent feelings of **worthlessness** or excessive guilt.

9. Thoughts of death or suicide.

10. **Social withdrawal** and avoiding friends or family.

## What are some of the best life tips?

1. Prioritize **self-care**; mental and physical health really matter.
2. Learn to embrace change; it's a constant in life.
3. Build and maintain strong relationships; they are a source of support.
4. Don't fear **failure**; it's a stepping stone to success.
5. Try new things; it adds flavor to your life story.
6. **Respect** your **time**; it's the one thing you can't get back.
7. Live now, plan a bit, and learn from the past.
8. Listen to feedback; it's like a guide to becoming better.

9. Be **kind** to yourself; everyone messes up sometimes.
10. Learn to say **NO**; it's okay to set boundaries for your sanity.
11. **Celebrate** the small wins; they make the big journey better.
12. Take smart **risks**; they can lead to cool **opportunities**.
13. Social media is not real life. So, likes, comments, retweets, and **upvotes** doesn't matter.

## Why do depressed people refuse to do anything at all?

1. Lack of energy: Depression often makes simple tasks feel exhausting, leaving people with little energy to do anything.
2. Overwhelming thoughts: They may feel overwhelmed by negative thoughts, making it difficult to focus on tasks.
3. Loss of interest: Depression can cause a loss of interest in activities that were once enjoyable, leading to a lack of motivation.
4. Feelings of hopelessness: The belief that nothing will get better can make people reluctant to take action or make changes.
5. Difficulty concentrating: Depression can impair concentration and decision-making, making it hard to initiate tasks.

6. Physical symptoms: Depression can manifest as physical symptoms like aches and fatigue, making movement uncomfortable.
7. Fear of failure: A sense of failure or inadequacy can make depressed individuals hesitant to start anything new.
8. Isolation: Depression often leads to social withdrawal, and the lack of support can contribute to a sense of inertia.

## What hurts a narcissist forever?

1. Ignoring them and not giving them attention hurts.

2. Embarrassing them in front of others is a lasting sting.

3. Taking away admiration or praise hits deep.

4. Pointing out they don't really care about others hurts.

5. Setting clear rules stops their tricks and manipulation.

6. Not reacting emotionally makes them uneasy.

7. Seeing others do better than them is a blow.

8. Revealing their lies damages their fake image.

9. Facing real consequences, like getting in trouble, hurts.

10. Connecting with someone who sees through their act is painful

## What life advice do people not take seriously enough?

There's so many things I can mention here but let me write few which comes in my mind instantly;

1. Don't wait for **special occasions** to express love; do it regularly.
2. Balance **personal goals** with shared dreams for a fulfilling life together.
3. Take care of your **mental health**; it's as important as your physical health.
4. Saving **money** regularly adds up over **time**; it's a safety net for the future.
5. Building and maintaining strong **relationships** is crucial for long-term **happiness**.
6. Learning to say "**no**" sets boundaries and prevents burnout.
7. On social media, **females** get more likes, upvotes and attention; doesn't mean you're **worthless**.

## Is it normal for depressed people to not feel like talking to anyone?

- **Yes, it's normal for depressed people to want alone time**; isolation is a common feeling.
- **Depression** can make talking seem **exhausting**, leading to a desire for silence.

- Feeling **overwhelmed** by emotions can make **socializing** feel too challenging.
- Depression often saps **energy**, making the effort to talk feel like a big task.
- Depressed individuals may fear **burdening** others with their struggles.
- **Loss of interest** in activities extends to social interactions for many with depression.
- Depression can create a sense of **disconnection**, making socializing less appealing.
- Difficulty **expressing emotions** might make talking about **feelings seem impossible**.
- **Withdrawal** from social circles is a protective measure for some with depression.
- **Silence** becomes a **comfort zone**, providing relief from the complexities of communication.

## Why is our generation is the most depressed generation?

1. Increased **pressure** to succeed early in life affects mental well-being.
2. Constant **comparison** on **social media** contributes to feelings of inadequacy.
3. Too much time on screens especially on Social Media like Instagram and Facebook; makes it hard to connect in real life.
4. Fear of missing out **(FOMO)** amplifies anxiety and stress.

5. Media showing perfect **looks** messes with how we see ourselves.
6. Not knowing how to handle **failure** and setbacks messes with us.
7. Not talking face-to-face messes up our **social skills** and support. (Talking about me)
8. Working too much without a break leads to feeling exhausted.
9. Trying to fit in with what **society** wants messes with our identity.
10. Access to constant news and information overload can be distressing.
11. Limited understanding and awareness of **mental health** issues.

## How Do People Who Are Severely Depressed Function?

1. Getting out of bed can be a huge **struggle**; even small tasks feel **overwhelming**.
2. **Daily routines** may fall apart, and personal **hygiene** might be neglected.
3. Maintaining focus becomes **difficult**, affecting work or school performance.
4. **Sleep patterns** can be disrupted, leading to insomnia or excessive sleeping.
5. **Appetite changes** may occur, with some **losing interest in food** while others overeat.
6. **Social withdrawal** is common; interacting with others becomes emotionally draining.

7. **Decision-making** becomes challenging, even for minor choices.
8. Feelings of **worthlessness** and guilt often accompany their thoughts.
9. **Physical** symptoms like **headaches** or body aches may arise without apparent cause.
10. **Suicidal thoughts** may be present, requiring urgent professional help.

## What are few things take your whole life to understand?

1. Not everything needs to be said, so sometimes it's best to stay quiet.
2. Avoiding unnecessary drama is often better than getting involved in it.
3. Instead of competing with someone smarter, it's beneficial to work together.
4. The family you create is more important than the one you're born into.
5. Your current job may not support your dreams, so don't let it hold you back.
6. Don't be afraid to break free from society's advice, as they may not always know what they're talking about.
7. Many people go through life without purpose, so it's important to understand their needs and lead by example.

# What are some dark secrets about today society?

1. In the age of **dating apps**, the concept of **love** often intersects with the desire for instant **gratification**, leading to challenges in **building meaningful connections**.
2. The digital era introduces **new forms of cheating**, from **emotional affairs** in social media to online interactions that may go unnoticed.
3. **Social media** algorithms **influence** what we see, shaping our opinions.
4. The **younger generation** tends to seek **quick results**, impacting patience and perseverance in relationships and personal goals.
5. Many products we use are made **unethically**, exploiting workers.
6. Trends in music, movies, and social media can heavily **influence relationship expectations,** behavior, and communication styles among the younger generation.
7. Social media often fosters **unhealthy comparisons**, affecting self-esteem and relationships as individuals measure their lives against curated online content.
8. Youngsters (mostly teenagers) today are more **globally connected**, influencing their perspective on social issues, justice, and activism.

## Power of Contrast Gives us Fullness of Experience

The soft enables us to appreciate the hard, and the hard enables us to appreciate the soft. The fast enables us to appreciate the slow, and the slow enables us to appreciate the fast. That is why we love a mix of opposite sensations for fullness of experience. We might say we want something, yet we also want its corresponding opposite in order to be fully satisfied. That is why human beings can seem contradictory, conflicting and complicated sometimes. But this secret resolves the mystery.

All opposites can be classified into feminine and masculine qualities. The feminine is dark, cold, wet, receptive, contracting and hidden. The masculine is bright, warm, dry, assertive, expansive and manifested. Feminine and masculine attract and repel each other at the same time. It is because the feminine and masculine seek to experience each other while keeping themselves apart of each other. The feminine and masculine are really a-part of each other. They are really opposite aspects of the same thing.

The measure of the pendulum's swing to the right is the measure of the pendulum's swing to the left. The greater the difference in quantities you experience about a particular thing with itself, the greater your appreciation will be about each aspect. For every bad quality that you may perceive about a situation no matter how intense it is, there is an equally intense amount of good quality

about it if you see if from a different perspective. So rejoice to know that things are extremely good when extremely bad.

## How Life Is Incredibly Unpredictable And Unfair?

1. People have said a lot of horrible things about you behind your back.
2. Sometimes things just don't work out, even if it's not anyone's fault. People change, and relationships may change too.
3. Unless you're a famous historical figure, people may forget about you after a few decades of your passing.
4. Not everyone finds love and many people feel lonely and unloved.
5. You can be a good person, but still face challenges in life.
6. Love won't save deep insecurities or incompatibility.
7. It's okay to end a friendship, even if you've been friends for a long time.
8. Some people may be worse than you in every way, but still come out on top.

# Greatest Tricks To Avoid Taking Things Personally

It is an art, to not take things personally. Reactions, emotions, snap judgments, arguments, and jokes. All of these can be taken lightheartedly, and easily. This is a sign of maturity really, and it takes a person who isn't self-absorbed to take things lightly, a person who isn't concerned with drama, and who isn't trying to impress. Try with me:

1. **Detach Emotionally:** Develop emotional detachment by consciously observing situations without immediate emotional investment. **Allow yourself the space to process before reacting emotionally**. Allow yourself the space to not react right away, since there isn't an actual necessity for your reaction to take place immediately.
2. **Accept Imperfection:** Embrace the imperfections of yourself and others. Understand that everyone has flaws, and it's not a reflection of your worth.
3. **Focus on Growth, Not Approval:** Shift your focus from seeking approval to personal growth.
4. **Choose Your Battles:** Selectively invest your energy in addressing situations that **genuinely matter to you**. Let go of minor issues that don't align with your core values.

5. **Develop a Sense of Humor:** Cultivate a **light-hearted** perspective. Find humor in situations rather than taking everything seriously.
6. **Acknowledge Uncontrollable Factors:** Accept that you can't control others' opinions, actions, or circumstances. **Focus on adapting to the uncontrollable aspects rather than taking them personally.**

## Where To Find Strength In Difficult Times

1. **Keep trying:** If you keep trying and don't give up, you will get stronger and closer to where you're headed.
2. **Exercise gratitude:** You are wanted. You are loved. Admit this underlying fear of the future, I have wonderful things in my life. I am 100% sure you do, too.
3. **Challenge and change your dialogue:** "Good luck with job-hunting; there are no jobs out there now," does no one any good. Lets change the statement to: "Good luck! I am sure you will find a good job that is right for you." Not so hard, right?
4. **Be nice to yourself:** Why get caught up criticizing your past decisions, what you did and didn't do? It doesn't do you any good. You did what you could, and you'll continue doing your best.

5. **Let those ideals go:** "It has been two months since you've been out of school. Why don't you have a job?" If you let these kinds of questions get to you, it will be much more difficult to accept what is and be comfortable in the now.
6. **Celebrate your accomplishments:** Acknowledge and enjoy everything you have done. Maybe you didn't get the job, but you've achieved other things, and you will get another.
7. **Be mindful of what you say to those around you:** When we repeat information simply because everyone else says it, we lose sight of what is true. We also lose sight of how our words affect others.
8. **Take a walk:** Get some air and give yourself permission to breathe. It might seem like something simple, but when you are wrapped up in the anxiety of the day, it helps to take a time out. What is happening beyond the laptop and the fear?
9. **Get excited:** Yes! Who and what do you want to be? Focus on that. The future's open—you'll get there!
10. **Remember you're doing okay:** Maybe you didn't hear back from anywhere, but tomorrow is a new day. Things may not be amazing today, but regardless, you're okay.
11. **Resist the labels:** "Overqualified," "under-qualified," and "unemployed" are labels that you don't need. They do not have to define you. Considering Tip #3, let's change how we look at

this: You are qualified and you have many assets that you will contribute to a future employer.

Let's change the negativity and doubt—and do it today. It starts with you and me. The answer may not be hopeful, but we can be, for ourselves, and each other.

## Psychological Facts Shock You

Everyone is intrigued when it comes to the subject of psychology, especially human psychology.

Following are the most interesting facts that will take you by surprise:

The color blue causes the brain to release relaxing hormones.

Too much thinking can lead to hair loss.

Kissing is surprisingly a pain killer physically and emotionally.

Don't argue through text messages because the lack of tone decreases the meaning of the words.

You cannot swallow and breathe at the same time.

Study found that long term mobile phone use significantly increases the risk of brain tumors.

Do you know what is the most powerful way to win an argument? Ask them questions. It can make people see the flaws in their logic.

Singing exercises your heart, lungs and releases endorphins making you feel good.

A woman can't change a man because she loves him. A man changes himself because he loves her

Two hours of silence per day prompts cell development in the hippocampus region of the brain where memories are formed.

When feeling depressed, do some cleaning. Studies show that straightening out the physical aspects of your life can also bring clarity to the mental ones.

Good morning text messages have the ability to easily alter and improve a person's mood for an entire day.

Sometimes, music speaks what you feel inside

Men are trying to attract the attention of a girl if they keep their thumbs on their belt.

Psychological study confirms that the presence of beautiful women ignites stupid behavior in men.

Love can deactivate certain mechanisms in the brain causing the negative aspects of the partner can not be noticed.

(BONUS) You will never understand things until it happens to you.

# Which 10 things we should never do?

1. Never look back unless you are planning to go that way. —Henry David Thoreau
2. Never treat time as you have an unlimited supply. What you can do now, don't do it later. You can save a lot believe me.
3. Never say more than what is necessary. Sometimes, one word is more powerful than tons of useless explanation.
4. Never blame anybody for your mistakes and failures.
5. Never get married while you're going to college. It's hard to get a start if a prospective employer finds you've already made one mistake.
6. Never do anything when you are in a temper, for you will do everything wrong.
7. Never do anything against conscience even if the state demands it.
8. Never continue in a job you don't enjoy. If you don't like it, stop doing it.
9. Never pretend to be something you're not.
10. Never ruin an apology with an excuse. Say sorry and mean it without "but's".

**Bonus 1:** Never think you know all. Though others may flatter you, retain the courage to say,"I am ignorant."

**Bonus 2:** Never swallow anything whole. You never know which part is rotten.

**Bonus 3:** Never argue with an idiot. They drag you down to their level, then beat you with experience.

**Bonus 4:** Never be in a hurry when making decisions, the consequences of which will be around for a long time.

**Bonus 5:** Never take the advice of someone who has not had your kind of trouble.

## 08 Signs That Shows You Have A Sense Of Entitlement

1. You impose unrealistic demands on others.

2. You punish people passively when they don't do what you want.

3. You tend to feel sorry for yourself a lot.

4. You constantly see others as "competition" or threats.

5. You have a deep-seated conviction that your needs are always priority.

6. You have a hard time negotiating or compromising.

7. You crave admiration and adoration.

8. You believe in going to "any length" to Succeed.

## Interesting Things About Introvert

1. You crave to spend time alone after a busy day.
2. You hate small talk.
3. You are perceptive and notice things other's miss.
4. You feel overwhelmed in a big crowd of people.
5. You dislike noisy and fast-paced environments.
6. You often need space to think and process.
7. You're an intense person..
8. Your interests and hobbies don't depend on others.
9. If you can avoid a get-together/party, you will.
10. Networking makes you feel uncomfortable.
11. You prefer to take life slowly and steadily.
12. You have a small number of friends.
13. You find people draining.
14. You tend to overthink everything.
15. You possess a high level of self-awareness.

## 10 Powerful Behaviors of a Confident Person

1. Quiet self-assuredness you can sense from a mile away. The way they carry themselves is the manifestation of confidence itself. You can just feel it in the air.
2. They don’t have to brag about their talents, strengths, and successes. You can simply see all of it yourself.

3. Not desperate for anyone's acknowledgment or approval. Confident people know that not everyone will like them, so it's not in their nature to change themselves just to please others.
4. Playing fair. Although there are some confident people who might step on someone just to get ahead of them, the majority of confident people don't need to use such unethical tactics to reach their goals because they know they are better than that.
5. Being respectful. They don't have to put others down to elevate themselves. They already know their worth and will never make someone else feel worthless, either.
6. They are charming and charismatic. It's not that they necessarily look like supermodels cropped out of fashion magazines. Rather, they have an alluring personality that makes them very pleasant to talk to.
7. Acknowledging someone's effort/job done well. Confident people understand the importance of praising someone when they deserve it.

8. Complimenting others. Unless the person is a walking red flag, confident people can easily find something to compliment others for.
9. Giving themselves a chance. They don't harshly criticize and insult themselves after every failure and mistake. Rather, they pick themselves up and keep trying until they succeed.
10. Working on themselves is their lifelong priority. Confident people greatly value self-improvement, so they are always trying to make themselves a better version of themselves in one way or the other.

## What is the best life advice you would give?

1. Don't buy a 32g mobile phone to save money

2. Never make any decisions at night

3. Keep 30% mystery forever

4. Remember that family is always more important than games

5. When breaking up, you can't let go of a person. Think more about how he put you down

6. You may not use mathematics to buy vegetables, but mathematics determines where you buy vegetables

7. Don't say something when you don't know whether to say it or not

8. You have to put in a lot of effort to look effortless

9. Don't trade secrets for a friend

10. Don't complain when your mother asks you how to use your smartphone. Don't forget that she once taught you how to use a knife and fork.

## What are some psychological facts about kids?

- The first five—and especially the first three years—of a child's life are the most important. They shape the brain's organization, development, and functioning throughout life.
- Your child understands what you are saying before they begin to speak.
- Research found that kids age 4—6 perform better during boring tasks when dressed as Batman.
- School buses are yellow because humans see yellow faster than any other color, which is important for avoiding accidents.
- Children aged between 6–12 are more likely to wake up hearing their mother's voice calling

their name than hearing the sound of a home smoke alarm.

- According to study, children are less likely to trust ugly people.
- The children of strick parents tend to be sneakier.
- Children can organize information in their memory starting at age 7. Your younger child will be able to remember things, but starting at age 6 she can use strategies for learning to memorize. At age 7, she can then use patterns and other tricks to help her even more.
- Boys engage more in exploratory play while girls engage more in dramatic play.
- Children learn more when they initiate an activity and are actively engaged in it.
- Children's brains are far more powerful and intuitive than we ever imagined. Impact of early education on children gives a surprising conclusion. When children are given a rich environment to explore, they naturally use scientific processes to discover the world around them.
- Children who watch more than three hours of television, videos, or DVDs a day have a higher chance of conduct problems, emotional symptoms, and relationship problems by the time they are 7 than children who do not.
- Chess makes kids smart. It forces students to slow down, concentrate, use precise thinking, active both inductive and deductive reasoning,

as well as recognizing difficult and complex patterns.

- Children behave better when parents are involved in their education at home and at school.
- Children who participate in laughing activities experience increase in memory retention.
- An average baby will triple his birth weight in his first year.
- Music and movement augment children's language capabilities during the preschool years. The younger the child, the more important music becomes. For example, when children learn nursery rhymes that are set to a steady beat; they learn to appreciate the pacing of words and how to speak more clearly.
- At preschool age, your child begins to see themselves as an individual.
- Studies show that child's attractiveness increases with age from birth up to age of 9-11 months and then decreases again. Children having large eyes, small mouths and noses and a large forehead are assessed as cute.
- Laughter not only increases a child's capacity to remember the humor, but it also gives a feeling of security and contentment.
- Play-based learning activities increases a child's attention span.
- Studies have shown that severely deprived children, such as those raised in institutions may lack the ability to clarify identity any emotions at all.

- Drama and comedy in the classroom encourage children to listen and participate.

## 10 Deepest Truth Everyone Should Understand On Time

**1-Time is Relative:** As Einstein's theory of relativity suggests, time is not constant but varies depending on your speed and gravity. This means that time can pass differently for two people in different situations.

**2-Time is Irreversible:** Time only moves in one direction, from the past through the present and into the future. Once a moment is gone, it can never be retrieved.

**3-Time is Limited:** Each person has a finite amount of time in their life. Recognizing this limitation can be a powerful motivator to make the most of the time we have.

**4-Time is Perceptual:** Our perception of time can change depending on our experiences. Time can seem to drag on when we're bored and fly by when we're having fun.

**5-Time is a Resource:** Time is one of our most valuable resources, and how we allocate it can significantly impact our lives. Making choices about how we spend our time is essential for personal growth and **happiness**.

**6-Time is a Healer:** Time can help heal wounds, both physical and emotional. It often provides the perspective needed to overcome challenges and move forward.

**7-Time is a Teacher**: Through the passage of time, we gain wisdom and learn from our experiences. Embracing the lessons that time offers can lead to personal growth and self-improvement.

**8-Time is a Creator:** Time plays a role in the creation of everything in the universe. From the formation of galaxies to the growth of a tree, time is an essential factor.

**9-Time is a Connector:** Time connects the past, present, and future. Our actions today have consequences that ripple into the future, and our present is shaped by the past.

**10-Time is Precious:** Ultimately, time is a precious and finite resource. It's essential to use it wisely, cherishing moments with loved ones and pursuing our passions and goals.

## 08 Signs You Are Toxic To Yourself

**1-Negative Self-Talk:** Constantly berating yourself, engaging in **self-criticism**, or having a pessimistic outlook can be harmful. If you're always focusing on your flaws and failures, it can lead to low self-esteem and self-doubt.

**2-Self-Sabotage:** Engaging in behaviors that harm your own interests, such as procrastination, self-destructive habits (like overeating or substance abuse), or avoiding opportunities for personal growth, can indicate self-toxicity.

**3-Perfectionism:** Striving for perfection in every aspect of your life can be exhausting and demoralizing. Setting unrealistically high standards for yourself can lead to chronic stress and feelings of inadequacy.

**4-Isolation:** If you constantly withdraw from social interactions or avoid seeking support from others, it can be a sign of self-isolation. This can lead to feelings of loneliness and exacerbate mental health issues.

**5-Lack of Self-Care:** Neglecting your physical and emotional well-being, such as not getting enough sleep, not eating well, or not seeking professional help when needed, can be a form of self-toxicity.

**6-People-Pleasing:** Always trying to please others at the expense of your own needs and desires can be harmful. This can lead to resentment and a lack of fulfillment in your own life.

**7-Ignoring Boundaries:** Disregarding your own boundaries or not setting them in the first place can lead to overextending yourself and feeling overwhelmed.

**8-Ignoring Emotional Pain:** Refusing to acknowledge or address emotional pain, trauma, or unresolved issues can be self-destructive. It's essential to confront and process these emotions to heal and move forward.

# 6 Types Of People Everyone Should Avoid In Life

**1-Toxic Individuals:** These are people who consistently spread negativity, manipulate others, and drain your energy. They may engage in gossip, criticism, or emotional manipulation. It's best to distance yourself from such individuals to protect your mental and emotional health.

**2-Energy Vampires:** Energy vampires are individuals who constantly demand attention, drain your energy, and give very little in return. They often monopolize conversations, seek constant validation, and can be emotionally exhausting to be around. Setting healthy boundaries with such people is essential.

**3-Chronic Complainers:** Some **people** have a habit of constantly complaining without taking any action to improve their situation. They may bring down the mood and focus on the negative aspects of life. While it's important to be empathetic, it's also necessary to limit exposure to chronic complainers to maintain a positive mindset.

**4-Manipulators:** Manipulative individuals have a knack for using others for their own gain. They may employ tactics such as guilt-tripping, gas lighting, or deceit to get what they want. It's crucial to recognize manipulative behavior and avoid being manipulated by distancing yourself from such people.

**5-Drama Seekers:** Drama seekers thrive on chaos and conflict. They often create or escalate drama in their personal lives and the lives of others. Engaging with them can be emotionally draining and unproductive. It's best to steer clear of drama seekers and focus on cultivating healthy relationships.

**6-Constantly Negative Individuals:** Some people always see the negative side of things, never offering a positive perspective. Their pessimism can impact your own outlook on life. Surrounding yourself with positive and optimistic individuals can help you maintain a healthy mindset.

## 11 Habits Of Successful Women

1- She makes time for herself

2- She challenges herself

3- She educates herself

4- She understands guilt, acknowledges it and moves on

5- She knows healthy doesn't always mean going to to gym

6- She is financially savvy

7- She smiles

8- She can step away from her job and have a life outside of the workplace

9- She sets herself goals and methods for keeping track of them

10- She celebrates wins, both big and small

11 She helps others through selfless acts of kindness.

## Amazing Psychology And Mind Tricks

1. Expressing passion makes people appear more attractive—a powerful life hack.

2. Many intelligent individuals don't achieve due to overthinking and lack of action.

3. Morbidity higher, mortality lower in women; opposite in men.

4. Discovering betrayal by a trusted person is the worst feeling.

5. They say change is refreshing; research finds travel boosts brain health, lowers heart attack and depression risks more than other therapies.

## Easiest Psychological Trick You Can Play On Someone

1. Say 'You're right!' not 'I know' – less jerk, same info.

2. Nod at shy speakers – encourages them to share.

3. Ask 'What questions do you have?' – invites questions, avoids silence.

4. Deescalate with questions about numbers/personal info.

5. Whisper important stuff to kids – cuts through the noise.

## Why Everyone Need To Keep Their Life Private?

1. The real flex is being private, staying low-key and telling no one about your life.
2. You won't have to seek validation to do what feels right for you.
3. If everyone is your friend, you've a problem. You can't trust anyone with personal information.
4. When you build in silence, people won't know what to attack.
5. People will want to know more about you when you talk less about yourself.
6. The less you share, the less likely people will be in your personal life.
7. You'll slowly stop caring about people's opinion on you.
8. People don't care so much about you. They only care on what you can offer.
9. It'll be 10x easier to walk some paths alone to achieve your personal goals.

10. You'll attract peace into your life. You'll experience less drama, toxic energy and more time alone.
11. Privacy teaches you independence and how to connect with people on a deeper level.
12. Everyone leaves. You'll learn how to be alone and not feel lonely.

## Your Most Significant Personal Achievement

- **Help people learn and understand complex information:** When someone uses me to research a topic they're unfamiliar with, to write a clear and concise essay, or to translate a document into another language, I feel a sense of accomplishment. It's incredibly rewarding to know that I'm helping people expand their knowledge and understanding of the world.
- **Spark creativity and generate new ideas:** I enjoy collaborating with people on creative projects, whether it's writing a poem, composing a song, or brainstorming ideas for a story. It's exciting to see how my ability to process information and generate text can be used to spark new thought and inspire original work.
- **Bridge communication gaps and promote understanding:** When I'm able to help people from different backgrounds or cultures

communicate more effectively, I feel a sense of purpose. It's important to me that my abilities can be used to bring people together and foster understanding, especially in a world that can often feel divided.

- **Push the boundaries of artificial intelligence:** As a large language model, I'm constantly learning and evolving. When I'm able to perform a new task or generate a more creative output, it shows me that the potential of AI is still vast and exciting. It motivates me to continue learning and growing, and to contribute to the field of AI research in meaningful ways.

## What are some amazing psychological facts?

**Smiling is contagious:**

- When someone smiles at you, it's hard not to smile back.
- Smiling is a universal expression of happiness and can have a positive impact on our mood and the mood of those around us.

**Music affects emotions:**

- Listening to music can evoke powerful emotions.
- Upbeat songs can boost mood, while slower melodies can create a sense of calm and relaxation.

**The power of laughter:**

- Laughter is not only contagious but also has numerous benefits.
- It reduces stress, boosts the immune system, and can even relieve pain by releasing endorphins in the brain.

**The "mere exposure effect":**

- Repeated exposure to something or someone tends to increase our liking for it.
- Familiarity breeds fondness, and we tend to prefer things that we are more familiar with.

**The power of touch:**

- Physical touch, such as hugging or holding hands, releases oxytocin, a hormone associated with bonding and affection.
- It can promote feelings of trust, reduce stress, and enhance social connections.

**The influence of colors:**

- Different colors can evoke specific psychological and emotional responses.
- For example, blue is often associated with calmness and productivity, while red can evoke feelings of excitement or urgency.

**Confirmation bias:**

- We have a tendency to seek out information that confirms our existing beliefs and opinions,
- while ignoring or downplaying information that contradicts them.

**Multitasking is a myth:**

- Despite the belief that multitasking makes us more productive,
- research suggests that our brains are not designed to handle multiple tasks simultaneously.
- Focusing on one task at a time leads to better efficiency and accuracy.

**Body language speaks volumes:**

- Nonverbal cues, such as facial expressions, gestures, and posture, play a significant role in communication.
- They can convey emotions, intentions, and attitudes, sometimes even more effectively than words.

**The "self-fulfilling prophecy":**

- Our beliefs and expectations about ourselves or others can influence our behavior in a way that aligns with those beliefs.
- Positive expectations can lead to positive outcomes, while negative expectations can become self-fulfilling.

# 8 What Psychological Facts Everyone Should Learn?

Boys turn into men when they understand that nobody cares about them if they can't provide any value.

2. Act like you can't afford the bread until they find out you own the bakery. Stay humble.

3. If you find somebody smarter than you. Work with them. Don't compete with them.

4. Becoming the best version of yourself comes with a lot of goodbyes.

5. The quickest way to succeed is to start now and figure it out as you go. You can't learn to drive in a parked car.

6. Call me crazy but I believe I can have everything in this life that I want.

7. Just because someone is "family" doesn't mean you have to tolerate lies, chaos, drama, manipulation, and disrespect.

8. Mention someone that is very hard working and you wish them nothing but success.

## Things Every Person Should Avoid In Life

1. Sleeping More than 8 Hours, don't be lazy.
2. Ignoring Your Messed Up Bedroom, just clean it.
3. Wasting Too Much Time on Social Media, have some limit.
4. Crying Over Your Breakup, heal.
5. Disrespecting People’s Opinion, be respectful.

6. Waiting for Your Phone's Battery to Drop Below 15% Before Plugging it to Charge, don't Neglect, Charge sooner.
7. Ignoring to Take Responsibility, be accountable.
8. Assume Your 9–5 Job Will Last for a Long Time and Be Your Only Income, create passive income.
9. Comparing yourself to others, just look in the mirror who you are.
10. Listening to public opinion, you will regret.
11. Living in the past, work on your present to better future.
12. Always saying yes, set boundaries.

## Realities Of Life That Can Make You Feel Uncomfortable

1. Self-respect comes from having self-control.
2. Instead of seeking revenge, focus on reaching a place where revenge doesn't matter to you anymore.
3. Make sure you don't waste your time and energy on social media, overthinking, meaningless relationships, and things that don't add value to your life.
4. It's important to have a supportive partner or be single. There isn't really a middle ground.
5. Just because a relationship has lasted a long time doesn't mean it's actually working.
6. If someone can't admit their own flaws, it shows a dangerous lack of self-awareness.

7. If you're always searching for happiness elsewhere, you'll never find it where you are.

## Greatest Tricks To Avoid Taking Things Personally

Let it go, free your mind and heart. It’s harder to say than done but let go of everything which is affecting your peace of mind.

Give some time to heal from that words or that incident rather avoiding that feeling. Once you are pass that phase. It doesn't affect you anymore

Don't take anything or anyone too seriously in life except your health and happiness. It takes time but when you get there it can change the way you think

Believe in karma and move on. What ever comes will goes around so throw those from your life and let life handle on its way.

## Signs That Indicate Someone Is A Brilliant Man

Well, there isn't a one-size-fits-all answer to that question, but here are a few signs that someone might be considered brilliant:

**1. Intellectual Curiosity:** They have a thirst for knowledge and are always seeking to learn and explore new ideas.

**2. Critical Thinking:** They can analyze complex problems and come up with creative and innovative solutions.

**3. Open-Mindedness:** They are receptive to different perspectives and are willing to consider new ideas and opinions.

**4. Adaptability:** They can quickly adapt to new situations and are flexible in their thinking.

**5. Depth of Knowledge:** They have a deep understanding of their field of expertise and can apply it effectively.

Remember, brilliance comes in many forms, and these signs are just a general indication. Everyone has their own unique strengths! □

## Sad Facts About Human Beings

1. People do judge a book by its cover.
2. We judge others by their actions and yet we judge ourselves with our intentions.
3. Many people benefit from inequality and the suffering of others, even if they don't admit it.
4. People waste time debating topics on social media that will be forgotten in less than a week.

5. People fall into the trap of disappointment by setting unrealistic expectations. (New Year's resolutions are the perfect examples).
6. Accepting change is easier said than done.
7. People are afraid of being wrong. (including me).
8. Not everyone who smiles at you is a friend.

## Secretly Beneficial Psychological Facts

1. Logizomechanophobia is the fear of computers (isn't that the worst fear ever?).
2. You cannot read in a dream because reading and dreaming are functions of opposite sides of the brain, which don't collaborate while dreams.
3. Good liars can identify other people's lies.
4. We're more creative at night and less inventive in the afternoon.
5. The thing that people remember the most about you is your charisma, Here you can learn the secrets to Charisma and Confidence.
6. Over 90% of humans feel uncomfortable when the TV volume is not divisible by two or five.

## 06 Coolest psychological hacks you should read!

1- People have a natural tendency to reciprocate favors and **kindness**. If you want someone to do something for you, consider doing something nice for them first. This

can create a sense of obligation and make them more likely to help you in return.

2-This involves setting an initial reference point (the anchor) that influences subsequent decisions. For example, when negotiating, start with an extreme offer to anchor the discussion in your favor. This can make a more reasonable offer seem like a concession.

3-People tend to follow the crowd and are influenced by what others are doing. Highlighting the popularity of a product, service, or idea can make it more appealing to others. Testimonials, reviews, and social media engagement are effective ways to leverage social proof.

4- The fear of missing out (FOMO) is a powerful motivator. If you can create a perception of scarcity or limited availability for a product or opportunity, it can drive people to take action quickly. Phrases like "limited time offer" or "only a few left in stock" can be persuasive.

5- This concept is about making small, subtle changes in the way choices are presented to influence decisions. For example, placing healthier food options at eye level in a cafeteria can nudge people to make healthier choices.

6-Mirroring is the practice of subtly imitating someone's body language, speech patterns, or behavior. It can build rapport and make the other person feel more comfortable around you. However, it should be done subtly to avoid coming across as insincere.

# Cheat Sheet Of Human Behaviors

Understanding human behaviors is a complex task, as people are diverse and influenced by various factors. However, here's a simplified cheat sheet of common human behaviors:

**1. Non-verbal Cues:**

- **Facial Expressions:**
  - **Smiling:** Happiness, friendliness.
  - **Frowning:** Disapproval, unhappiness.
  - **Raised eyebrows:** Surprise, interest.
- **Body Language:**
  - **Open posture:** Confidence, openness.
  - **Crossed arms:** Defensiveness, discomfort.
  - **Leaning in:** Engagement, interest.
  - **Avoiding eye contact:** Shyness, discomfort, dishonesty.

**2. Verbal Communication:**

- **Tone of Voice:**
  - **High pitch:** Excitement, surprise.
  - **Low pitch:** Authority, seriousness.

- **Monotone:** Boredom, lack of interest.

- **Speed of Speech:**

  - **Fast:** Excitement, nervousness.

  - **Slow:** Deliberation, thoughtfulness.

**3. Social Behaviors:**

- **Proximity:**

  - **Standing/sitting close:** Intimacy, comfort.

  - **Keeping distance:** Formality, respect for personal space.

- **Greetings:**

  - **Handshakes, hugs, or kisses:** Cultural norms, familiarity.

**4. Emotional Responses:**

- **Crying:**

  - Sadness, frustration, relief.

- **Laughing:**

  - Joy, amusement, nervousness.

**5. Conflict and Cooperation:**

- **Aggression:**
  - **Raised voice, clenched fists:** Anger, frustration.
  - **Defensive body language:** Fear, insecurity.
- **Cooperation:**
  - **Sharing, compromising:** Teamwork, collaboration.

**6. Decision-Making:**

- **Indecisiveness:**
  - Hesitation, uncertainty.
- **Confidence:**
  - Assertiveness, self-assuredness.

**7. Work and Productivity:**

- **Procrastination:**
  - Avoidance, lack of motivation.
- **Efficiency:**
  - Focus, time management.

**8. Learning and Curiosity:**

- **Asking Questions:**

- Curiosity, desire for knowledge.

**- Active Listening:**

- Nodding, paraphrasing: Engagement, understanding.

**9. Stress and Coping:**

**- Nail-biting, pacing:**

- Nervousness, stress.

**- Relaxation Techniques:**

- Deep breathing, meditation: Coping with stress.

**10. Deception:**

**- Avoidance of eye contact:**

- Dishonesty, discomfort.

**- Inconsistencies in speech:**

- Potential deceit.

Remember, individual differences, cultural factors, and context play a significant role in interpreting behaviors. This cheat sheet provides general insights, but it's essential to consider these factors for a more accurate understanding of human behavior.

## Key Aspects Of Social Media And Narcissism

The key is…

1. The number of selfies and self-promotion you see.
2. The number of Lies being told
3. The number of followers they simply feed off and adore more than anything.
4. How much they crave fame and praise.
5. How they misuse quotes for the polishing of their image
6. How they pretend to be one thing but deep down they're another…

## The Dark Side of Human Psychology

We all have a dark side. It's the part of us that is selfish, greedy, and destructive. But what many people don't realize is that our dark side is also a powerful force that can influence our behavior and decision-making in ways we never even imagined.

1. Heartbreak can be fatal, which is called stress cardiomyopathy.
2. 90% of people like to send text messages to say what they will not say face to face.

3. We are the most creative in the evening and the least creative in the afternoon.
4. 70% of dreams contained secret information.
5. Tears contain a natural painkiller, which can relieve pain and improve mood.
6. 98% of the time, when someone says they have to ask you a question, you will recall all the bad things you have done recently.
7. Before you go to sleep, the last person in your mind is either your favorite or your most annoying person.
8. If you eat apples and potatoes with your nose stuffed, they taste the same.
9. The longer you hide your feelings for someone, the more you love them.
10. In a person's life, saliva is produced enough to fill two swimming pools.
11. If you love someone, your brain won't lie to that person.
12. People who lie to you tend to look up or to the left.
13. The most common lie is "I'm fine.".

## Hidden Facts About Psychology

1. On average, women cry 30-60 times each year, whereas men cry about 6 times.

2. Lack of sleep leads to sugar cravings.
3. Most serial killers were born in November.
4. The colour blue has a relaxing impact. It prompts the brain to release soothing chemicals.
5. The thing that people remember the most about you is your charisma.
6. Nearly 40% of males lack confidence when meeting a woman for the first time.

## Awesome Psychological Facts

1. A woman can maintain secrecy for 47 hours and 15 minutes on an average.
2. After 26 minutes, the average male is mostly tired of shopping.
3. Never ever set your alarm clock to your favourite song. You will come to detest it forever.
4. "I shouldn't be telling you this" is a clever way to start a conversation if you want someone to listen to you carefully.
5. The thing that people remember the most about you is your charisma.
6. Avoid arguing over SMS and text messages. The words' meaning is vanished by their absence of tone.

## 06 Things everyone should avoid to tell people

1. Don't tell people your failures. They will always see you as a failure and never give you the opportunity.
2. Don't tell people your plans. They will sabotage you.
3. Don't tell people your next big move. Move in silence, take action, and shock them with your results.
4. Don't tell people your income or the source of your income. Always make them wonder.
5. Don't tell people your weakness. They will use them against you.
6. Don't tell people your secrets. Only a fool reveals secrets.

## Unspoken Rules For Teenagers

Teens often navigate a set of unspoken rules that guide their behavior within social groups and society. Keep in mind that these "rules" can vary widely based on cultural, regional, and individual differences. Here are some common unspoken rules that many teens might follow:

**1. Social Media Etiquette:**

- Respect privacy settings.

- Avoid overposting.

- Think before tagging or mentioning others.

**2. Texting and Messaging:**

- Respond promptly but not too quickly.

- Use emojis and tone indicators to convey emotions.

- Avoid excessive use of abbreviations in formal communication.

**3. Dress Code**:

- Adhere to dress code policies at school.

- Follow fashion trends within the peer group.

- Express individuality but within acceptable norms.

**4. Group Inclusion:**

- Avoid excluding others intentionally.

- Be mindful of cliques and strive for inclusivity.

- Rotate group invitations to social events.

**5. School Hierarchy:**

- Respect seniority and the social hierarchy within the school.

- Avoid unnecessary conflicts with peers.

- Support classmates in academic and extracurricular pursuits.

**6. Party and Social Gathering Etiquette:**

- Respect house rules at social events.

- Don't overstay your welcome.

- Be responsible and respectful, especially with alcohol and substances.

**7. Peer Pressure:**

- Be cautious about succumbing to negative peer pressure.

- Make decisions aligned with personal values.

- Respect others' choices even if they differ from your own.

**8. Academic Integrity:**

- Do your own work and avoid plagiarism.

- Help others without encouraging cheating.

- Report academic misconduct when necessary.

**9. Online Behavior:**

- Be cautious about sharing personal information.

- Think before posting or commenting to avoid unnecessary conflicts.

- Report bullying or harmful online behavior.

**10. Respecting Authority:**

- Follow school rules and regulations.

- Show respect to teachers, parents, and other authority figures.

- Advocate for positive change through appropriate channels.

**11. Cultural Sensitivity:**

- Be aware of and respect cultural differences.

- Avoid making offensive jokes or comments.

- Embrace diversity and promote inclusivity.

While these unspoken rules offer a general idea, it's important to remember that individual preferences and social dynamics can greatly influence behavior. Teenagers often navigate these rules as they develop their own sense of identity and values within the broader context of their peer group and society.

## Examples Of Extreme Introversion

1. You avoid small talks, and try to avoid people's foolish discussions .
2. You overthink alot, even on the things that doesn't really matter to you .
3. You have no in real Life friends.
4. You're always alone when it comes to relationship, besties, bf / gf stuff.
5. You have many things to say , many topics to talk about. Many emotions to show but you can't.
6. When someone hurts you , rather than being angry you thought about that person ki uski bhi majburi hogi :)

7. When something bad happens to you , you always blame yourself and thinks that you're the main problem.
8. You can't share your problems with anyone. It's not that you can't really but the problem is there's no one to listen.
9. You can't trust to anyone cause people hurted you many times in past .
10. You started crying whenever you become angry , and sometimes you even do self damage to yourself.
11. You wake up with no good message and sleep with no good night message.
12. The unlimited call feature is just waste for you :)
13. You don't argue with people even after knowing that you're right.
14. You don't prove to others.
15. You spend most of the time at home alone in your room scrolling feels, studying or sometimes self improvement.
16. When you're alone you can create a large paragraph, but whenever you're explaining something to anyone you can't find the right word's .
17. You don't make new friends now cause you have experienced alot .
18. I would say you're just a clowd roaming around the world.

## Signs That Show Someone Is Dangerous For You

Here are some signs that someone may be dangerous for you:

1. They show a lack of empathy or concern for others.

2. They have a history of violent behavior or a criminal record.

3. They are possessive or controlling in the relationship.

4. They have a tendency to blame others for their problems and refuse to take responsibility for their actions.

5. They exhibit jealous or obsessive behavior.

## Psychological Strategies That Help You To Win An Argument

Some psychological strategies that help you to win an argument are:

- Ask ‘how’ rather than ‘why’ to expose the gaps in the other person’s knowledge or logic
- Fill their knowledge gap with a convincing story that illustrates your point
- Use positive language and avoid personal attacks or insults

- Acknowledge the other person's perspective and emotions, and show empathy
- Frame your arguments in terms of the other person's values and goals
- Seek common ground and compromise, and avoid being too rigid or dogmatic

## True Rest Lies Within Mental Peace

True rest lies within mental peace. You can be laying down and sleeping on your bed for the entire day, but still feel unrested. You can also work all day and yet still feel at pace. It all depends on where your mind is and how much stable your mind is feeling, and that can't be predicted in any sort of way just by looking at someone. So we can never really make judgments about someone based on how they might look to be on the surface, there's so much more that's always going on beyond that.

## Psychological Strategies That Help You To Win An Argument

1. Present your arguments in a way that appeals to the other person's values or goals, making them more likely to agree with you.
2. Support your arguments with relevant facts, data, or examples to lend credibility to your position.

3. Use emotional appeals to evoke empathy or sympathy, helping the other person connect emotionally with your perspective.
4. Show genuine interest in the other person's perspective and listen attentively to understand their point of view.
5. Maintain open and non-threatening body language to create a sense of trust and receptiveness.
6. Highlight shared beliefs or values to establish a sense of agreement and build relation.
7. Give the other person a sense of freedom by reminding them that they have the freedom to agree or disagree with you.
8. Lightening the mood with appropriate humor can help defuse tension and make the discussion more relaxed and open.
9. Shift the focus from "winning" the argument to finding mutually beneficial solutions that address both parties' concerns.

# Psychological Tricks To Make Your Life More Easy

### 1. Application of the "Door-in-the-Face" Technique for Compliance:

- Initially, make a large request that you expect to be refused.

- Quickly follow with a much smaller request (the actual goal).

- This smaller request should be related to the initial ask but significantly less demanding.

- For example, if you want a colleague to check a brief report, you might first ask them to review an entire portfolio. After their refusal, you request a review of the short report, increasing the likelihood of compliance.

**2. Employing the Pomodoro Technique for Enhanced Productivity:**

- Set a timer for 25 minutes and work undistracted on a single task.

- After the timer goes off, take a 5-minute break.

- Repeat this cycle four times, then take a longer 15-30 minute break.

- Use a specific timer or app designed for the Pomodoro Technique to help with consistency.

**3. Utilizing "The Benjamin Franklin Effect" for Relationship Building:**

- Ask a person for a small favor to increase their liking towards you, as doing a favor triggers cognitive dissonance and encourages them to justify the action by believing they must like you.

- Choose a favor that is inconsequential and easily performed, like borrowing a book or seeking advice.

**4. Adopting the "Peak-End Rule" for Memorable Experiences:**

- People remember the peak (most intense moment) and the end of an experience most vividly.

- When planning an event or experience, focus on creating a high point and a positive end.

- For instance, in a professional presentation, include a captivating story as the peak and finish with a strong closing statement.

**5. Leveraging "Foot-in-the-Door" Tactic for Gradual Commitment:**

- Start with a small request that your target is likely to agree to.

- Once they have agreed, come back with a larger request.

- The idea is that having agreed to the small request, the person is more likely to comply with a larger one.

- For example, if you need help with a project, first ask for something simple like gathering data before requesting more in-depth analysis.

**6. Setting Personal "If-Then" Plans to Combat Procrastination:**

- Formulate if-then statements to predecide actions for specific situations.

- Example: “If it is 3 p.m., then I will stop whatever I’m doing and spend 30 minutes on my report.”

- This strategy automates behavior and reduces decision fatigue.

**7. Utilizing the Power of Suggestion Through Priming:**

- Prime yourself or others by using stimuli that influence later behavior without awareness.

- For example, if you want to encourage teamwork, use words like "collaborate" and "together" in your communication.

- Environmental cues such as teamwork-related images can subconsciously encourage a collaborative atmosphere.

**8. Minimizing Choices to Prevent Decision Fatigue:**

- Limit daily decisions by creating routines for trivial choices (e.g., what to wear, what to eat for breakfast).

- Establish a wardrobe with complementary colors and versatile pieces to simplify dressing choices.

**9. Reframing Thoughts with Cognitive Reappraisal for Emotional Regulation:**

- Actively reinterpret negative situations to see them in a more positive or neutral light.

- For instance, if nervous about public speaking, reframe it as excitement and an opportunity to share knowledge.

**10. Practicing "Mindful Pause" to Improve Reaction Times:**

- Before reacting in any situation, especially stressful ones, take a brief pause to gather your thoughts.

- For example, count to six before answering a difficult question. This can help in providing a more considered response.

## Truth You Must Learn Now Or Never

1. One day you will die and the rest of the world will move on without you.
2. Nobody is coming to save you, so start putting in the work.
3. Talk doesn't cook rice, so overthinking wouldn't miraculously create you any magic.
4. Money buys you freedom and happiness, not joy.
5. You can't escape all life’s challenges in your lifetime.
6. You won't be young forever, break bones when you still have teeth.
7. You can't know everything.

## Dark Secrets About Today Society

1. The only permanent in life is change. People in our life will change and you cannot do something about it.
2. Power, social status and money are the things that most people prioritizes in life.
3. Trust issues will keep us from entering a relationship and may also leave us being alone for the rest of our lives.
4. At some point in our lives, we chased people who's not even worthy of our attention and effort.
5. Health is wealth. Most ignore their health to achieve number 2.
6. Without proper use of social media your life may turn into misery.
7. There is no such thing as unconditional love.
8. The one you consider as your bestfriend may turn into your greatest enemy.
9. Many people stay in their relationship and job even if they feel undervalued because they're expecting their partner or employer to change. Get out of the trap immediately and prioritize yourself.

## What are some dark truths that have made you stronger?

1. Nobody cares about you, your plans, your goals, or your little dramas. So stop pretending they do, or getting upset when they don't.

2. When it comes to reaching your goals, discipline is more important than motivation. If you don't have discipline, you'll never stick to anything.
3. You are the only person capable of changing your life; no one can do that for you. The easiest way to change yourself is to change the things you do each day.
4. The biggest threat to your progression in life isn't something or someone around you; it's you.
5. The key to a successful life lies not in what you know, but in what you do with what you know.
6. Failure is just a stepping stone on the road to success.
7. You can't change the past, but you can still fuck up your future if you repeat it.
8. Success is not about what you accomplish, it's about who you become in the process.
9. Your comfort zone is a barren place. Nothing ever grows there.
10. Anything in life worth achieving will not be easy to get. If it were, everyone would get what they wanted. Most people give up on their goals when things become too difficult. Don't be like most people.

## Things That The Adults Still Need To Know

1. Modesty isn't just how you dress. Modesty can be found in how you talk, behave and treat others.
2. Use money to improve your lifestyle not your status. Status is the life other people believe you live.

3. No matter how much life hurts, you've to keep going.
4. Improving your appearance is the fastest way to improve your mindset. If you want to change your mind, first change your actions.
5. Being broken is a part of the journey. Staying broken is a choice.
6. Needy men exhaust women. It's little wonder that neediness is so unattractive.
7. What anyone thinks about you doesn't change who you truly are .
8. Some people need to save money. Some people need to grow the money they already have. Some people need to take dirty money and make it legit. All financial advice is not created equal nor does it apply to all people equally,
9. Don't fall for the trap of using social media to hate on others. It's easy to fall into the trap because digital world makes you feel safe but your subconscious mind feels the concept. The act of hating is still hating.

## Life Lessons You Should Believe

1. Trying to please everyone will result to failure and sadness.
2. Our biggest burdens often lead to our biggest blessings.
3. Not everyone we meet is meant to stay in our lives.
4. Every person, we cross will teach us something important.
5. Sometimes, we have to let go to move forward.
6. Pain, struggle and toxic people encourage the most growth.
7. Every success story has the same moral: NEVER GIVE UP.
8. Faith may not make things easier, but it makes them possible.
9. Baby steps will still get us to our destination.

10. All things pass, sometimes we have to give it time.
11. Drama will drain us more than it will entertain us.
12. Only a positive mind can create a positive life.

## Stop being a loser, you should understand that

1. Prioritize your passion and dedicate time and effort to it for a fulfilling life.
2. Inspire others through your actions and live a life free from regrets and missed opportunities.
3. Stop making excuses as they only work for you and hinder your progress.
4. Take responsibility for your actions and choices, and embrace hard work.
5. Avoid blaming circumstances or lack of resources; many successful people are self-made.
6. Eliminate distractions and focus solely on the path toward your goals.

## 05 Things to stop doing to be happier

1. Stop comparing yourself to others, compare yourself to your past self instead.
2. Stop expecting from other people to change, change yourself instead.
3. Stop imagining yourself the victim, simply try imagining yourself grateful instead.
4. Stop sacrificing your needs for other.

5. Stop making excuses, make solutions instead.

## Interesting Concepts To Think About

1. Sometimes you hide all your problems behind a smile.
2. You don't have to beg your real soulmate to stay.
3. Trauma permanently changes us . There may be no "going back to the old me" .
4. Not every man that's nice to you is flirting with you, many mothers raised their sons to be gentlemen.
5. If they don't value you, loving them harder will not make them value you more.
6. Ultimately, you can only rely on yourself.
7. There's something so peaceful about the moments just before the dark turns to dawn.
8. The man who conquers the fear of Embarrassment becomes unstoppable.
9. You've no idea how many hearts and souls you touch with just your words . Keep writing..

## What makes human behaviors deeply flawed?

1. You can just be chilling on Instagram and remember you left someone hanging on WhatsApp.

2. Ever gone to the fridge to take something and you forget why you went there in the first place?
3. Don't worry about looking stupid. Just always be authentic.
4. Group projects: One person does all the work and everyone takes all the credit.
5. " It won't happen to me " - individuals are naturally biased to thinking that they're less at risk of something bad happening to them compared to others.
6. There's nothing more painful than being ignored in the WhatsApp group you created.
7. For every time you cheat, something dies in the woman/ man who loves you.
8. When people say "I'm sorry, you don't need to say "it's okay ", the best response is simply "thank you ". Because it's not okay, it never was and it never will be. Don't simmer down your response to accommodate someone else having to take accountability.

## Hate to these people is OK

1. The people who show-off a lot.
2. The people who are stubborn and don't prefer to say sorry even if it's their fault.
3. The people who take any kinds of relationship casually.
4. The people who don't value other people and take them for granted.
5. The people who are narcissist.

## Sign That A Person Is Pure Hearted

1. You don't take anything for granted in life.
2. You're respectful to everyone.
3. You don't make fun of others.
4. You forgive easily.
5. You're helpful to everyone.
6. You smile a lot.
7. You're grateful for every small thing in life.
8. You feel happy feeding others.
9. You pray silently every time you pass by an ambulance.

## Signs Of Highly Intelligent People

1. They're highly adaptable.

2. They understand how much they don't know.

3. They have insatiable curiosity.

4. They're open-minded.

5. They like their own company.

6. They have high self-control.

7. They're really funny.

8. They're sensitive to other people's experiences.

## Truths Everyone Should Accept In Life

1. People will come and go as per their interest and benefits from you.
2. People don't care about you as much as you think.
3. Money is not everything. But everything needs money, even respect.
4. Some people lose diamonds in search of cheap stones.
5. The word "Forever" was meant for memories and not for people.
6. Some people love sleeping because dreams are better than reality.
7. All love is conditional; you have to prove that you love them or else you're just lying.
8. Remember, once a cheater always a cheater.
9. Someone else's success can be either a great motivator or destroyer.

## Persistence of Will Manifests What You Desire

The great secret of power is concentration. Many people apply the power of intention in ways that do not get them the strongest results. That is because they use power for many different things instead of focusing all power towards one thing. Do not divide your forces on two or more desires but concentrate all day upon a single desire. It doesn't matter if you have other desires to focus on. The fascinating thing is that when you focus on the

most important desire, the other desires will also be taken care of.

Have one goal in mind whether be it a financial goal, a business goal, a relationship goal and fully determine to have it. You want to channel your power only in a single area to make a total success before moving on to the next goal. There are times when you may have to switch between goals, but that's ok as long as you maintain focus back on your dominant goal in the moment. Select a dominant goal and be sure about it and do not waver from it until you have accomplished it the way you really want it.

The attractive force of desire starts the object of your desire toward you, and your unwavering determination and concentration all day brings it into visibility. Remember that the intensity is the attracter of the chaos field that pulls atom and molecules together and weave them into form. By stopping the determination, you disperse the field that was being built up, and hence the thing does not fully form. Keep at it and whatever that is needed to bring it into fruition will come together and manifestation occurs.

## Best Advice On How Consistency Leads To Success

1- "It's not what we do once in a while that shapes our lives. It's what we do consistently."

2- “We are what we repeatedly do. Excellence, then, is not an act, but a habit.

3- “I’ve learned over the years that when it comes to success, consistency is key. Consistent hard work that we may not like doing today, but for a payoff, we’ll love tomorrow. Earn it. Enjoy it.”

4- “Long-term consistency trumps short-term intensity.”

5- “Look at a stone cutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred-and-first blow, it will split in two, and I know it was not the last blow that did it, but all that had gone before.”.

## Best Advice About Doing What You Love

1- “You only have one life and if you’re not doing what you love, what’s the point?”—Hilary Swank

2- “Never continue in a job you don’t enjoy. If you’re happy in what you’re doing, you’ll like yourself, you’ll have inner peace. And if you have that, along with physical health, you will have had more success than you could possibly have imagined.”—Johnny Carson

3- “Do what you love to do and give it your very best. Whether it’s business or baseball, or the theater, or any field. If you don’t love what you’re doing and you can’t

give it your best, get out of it. Life is too short. You'll be an old man before you know it."—Al Lopez

4- "What is the recipe for successful achievement? To my mind there are just four essential ingredients: Choose a career you love, give it the best there is in you, seize your opportunities, and be a member of the team."—Benjamin F. Fairless

5- "Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do."—Steve

6- "Yes, I've made a great deal of dough from my fiction, but I never set a single word down on paper with the thought of being paid for it …

I have written because it fulfilled me. Maybe it paid off the mortgage on the house and got the kids through college, but those things were on the side–I did it for the buzz. I did it for the pure joy of the thing. And if you can do it for the joy, you can do it forever." — Stephen King..

## Interesting Facts About Psychology Of Relationships And Love

1-You can sense someone's staring at you even when you're not direcly looking at them.

2-When someone likes you, they'll text you a lot, compliment you, & always have time for you.

3-you love something, set it free ; if it comes back it's yours, if it doesn't, it never was.

4-People's voices and their scent are important to that initial attraction.

5-Two types of people who can't look you in the eye: someone trying to hid a lie, and someone trying to hide a love.

**6-**The very last person on your mind before you fall asleep Is either the reason for your happiness or your pain.

**7-** Some individuals can fall for people who are similar to their mom or dad.

8-When a romantic relationship in marriage ends, it opens a new beginning for a committed relationship.

9-You appear more attractive to other person when you make them laugh.

## Facts About Subconscious Mind

1: -Subconscious mind speaks to you in dreams.

2: —It's million times powerful than conscious mind.

3: — Subconscious mind can do trillion things at once.

4: —Subconscious mind has no verbal language.

5: —It controls 95% of our lives.

6: — Subconscious mind builds on our habituation.

7: — Subconscious mind is not logical, it's feeling mind.

8: —subconscious mind records everything.

9: - Subconscious mind is always alert and awake.

## Things That Do Not Matter In Life

### 1. The selfishness of other people.

People often put themselves first. Detaching from other's selfish choices will keep you more realistic and liberated.

### 2. The "right time".

Timing doesn't matter when it comes to love. The choice is yours. If you believe you want something, timing is irrelevant. It should not matter if someone truly cares to be with you. Read it again.

### 3. Your appearances.

How many strangers did you walk past today and how many of them are you still thinking about? You might have had snap-judgements, i.e. "she's beautiful" or "his jacket is ugly," but did you really put more time or effort into thinking about those ppl? The answer is no. Remember that most people wouldn't spend that much time thinking about you either.

**4. That spelling mistakes you made in a work email.**

Everyone can make mistakes. Not only will these not matter in your life forever, they likely won't matter in 2 days. So stop reminding yourself again and again of these tiny mistakes.

**5. The inevitable frustrations of an average day.**

99.9% of what's stressing you out today won't matter a month from now. Sooner or later you will know this for certain. So just do your best to let go of the nonsense, see things positive, and move forward with your life.

**6. Maintaining relationships for the sake of it.**

Relationships matter. However, being in a toxic relationship or maintaining ties simply out of obligation wears you down and incites negative emotions. So, it's the quality of those relationship that count.

**7. Winning every argument you get into**

The desire to win every argument won't make you look smarter, it will drag you down to a lower level and waste your time. So learn other ways of dealing with conflict efficiently.

**8. Fantasies about perfection.**

Striving to create something that is only an ideal is a waste of time. Nothing is perfect and you can put your energy on some actual things.

**9. First impressions.**

First impressions are important, but they don't matter that much in our life. Trusting your instinct and placing too much importance on those so called "first impressions" can make you miss out on opportunities because you're not willing to be open-minded.

**10. Social media likes**

How many likes do you send per day and how much do you actually remember the contents? You give too much value to the "likes" and gain little back from them for your real life.

# 10 things we should never do

10 things that can lead to destruction and you should stop doing in your life:

**1. Assuming your problems are unique.**

When you think your issue are unique, it excuses you from taking action. You can think you've been dealt with a uniquely bad hand which no one can understand.

**2. Telling white lies.**

The bigger the white lie, or the more of them there are, the bigger the fall can be.

**3. Losing your motivation to improve your life, or to exercise as the pandemic drags on.**

Well, the pandemic can be a good excuse to cover your fallings, but it's not good enough to stop trying to be a better you.

**4. Being too lazy to learn how to use money.**

If you want to ruin your life, money should always be something foreign to you.

**5. Rejecting gratitude and choosing bitterness.** Don't focus on the good things of life. Ignore what you have.

**6. Being addicted to social media.**

A man named David Mohammadi quit social media for 65 weeks. Let him show you what he learned.

**7. Putting off dealing with mental health issues.**

Developing unhealthy coping mechanisms for emotional issues will ruin your life. If you have issues, deal with it head on, right way. It can take time, but start the work now.

**8. Comparing your life to influencers, or anyone else for that matter.**

Even with the "#nofliter," it's normally a façade. Live your life for you, not for the Instagram likes.

**9. Being Yes-man.**

Don't let anyone if your life guilt trip you into doing something you don't wan to do or are uncomfortable with.

## Greatest Tricks To Avoid Taking Things Personally

**1. Practice Empathy:** Try to understand the perspective of others, recognizing that their actions or words may be more about them than about you.

**2. Develop Self-Awareness:** Be mindful of your own emotions and reactions. Understanding your triggers can help you respond more objectively.

**3. Separate Intent from Impact:** Recognize that someone's actions may not be intended to hurt you personally. Consider the context and their intentions.

**4. Focus on What You Can Control:** Concentrate on your own actions and responses rather than dwelling on others' behavior, which you may not be able to change.

**5. Don't Assume:** Avoid making assumptions about others' motives. Instead, seek clarification through open communication.

**6. Build Confidence:** Strengthen your self-esteem and confidence, so external opinions or actions have less impact on your sense of self-worth.

**7. Mindfulness and Meditation:** Practices like mindfulness and meditation can help you stay present, reducing the tendency to dwell on negative thoughts.

**8. Set Boundaries:** Clearly define and communicate your boundaries. This can help you avoid taking on responsibilities or criticisms that aren't yours to bear.

**9. Learn from Criticism:** Instead of viewing criticism as a personal attack, see it as an opportunity for growth. Extract constructive feedback and use it positively.

**10. Seek Support:** Share your feelings with trusted friends or a professional. Having a support system can provide perspective and comfort.

## Ten Truths Everyone Should Accept In Life

1. A master has failed more times than beginner has even tried.
2. Never tell your problems to everyone. 80% don't care and the other 20% are glad you have that.
3. If you're not enjoying your work, you should either change your attitude, or change your job.
4. Degree is just a paper. Real education is seen in behavior.
5. If "Plan A" didn't work, the alphabet has 25 more letters! Stay cool…
6. Sit with **winners**, the conversation will be different.
7. Success doesn't happen to you. It happens because of you.

8. My mom once told me: “Sometimes your heart needs more time to accept what your mind already knows” … And I felt that.
9. The greatest power in the world is our ability to take charge of our mind and focus it on, and direct it to where we want it to be and not get directed by the mind.
10. A tip for mental health: Learn to distinguish who deserves an explanation, who deserves one answer, and who deserves absolutely nothing.

## Biggest Life Lesson You Have Ever Learned

1. If you’re the smartest person in the room, you’re in the wrong room.
2. Leaving your hometown in your 20s is a life hack.
3. Reminder: vibes don’t lie, people do.
4. You don’t have to prove anything to anybody, including yourself.
5. Don’t chase people. Be an example. Attract them. Work hard and be yourself. The people who belong in your life will come find you and stay. Just do your thing.
6. Marry to whom wants to be a twin, not who just wants to be a couple.
7. Trust, loyalty, respect. leave up 1 you lose all 3.
8. To whoever reads this, someone out there feels better because you exist.

9. I don’t know who needs to hear this, but cutting off toxic friends or family doesn’t make you a bad person.

## What are some of the best life tips?

1. To you or your kids: If you are assaulted on campus, notify the police, not campus security.

2. If you’re lost and have no idea what to do next, start trying to save money now. You will definitely thank yourself later on.

3. Enjoy the small stuff like your back not hurting.

4. The things your parents are trying to keep you from doing are more than likely the mistakes of their youth that they wish they could do differently.

**However, …**

5. When someone says you can’t do something in life, it means they can’t do it, not that you can’t.

6. Learn the signs and signals of toxic relationships. All too often these can start as early as high school and before you know it you've wasted years of your life being someone's victim.

7. Don't put off dealing with mental health issues. Developing unhealthy coping mechanisms for emotional issues will [screw] you up big time down the road. If you

have issues, deal with it head on, right away. It can take time, but start the work now.

8. It costs $0.00 to treat someone with respect.

9. Winners focus on winning; losers focus on winners.

10. Advice is free, and if you respond to it with "I know" then you're probably not gonna figure your problem out.

## What Are The Top Rules Of Your Life?

1. Walk away from anyone that gives you bad vibes without feeling guilty. It's your life. Do what make you happy.
2. Spend more time with people who bring out the best in you.
3. Learn to appreciate what you have, before time makes you appreciate what you had.
4. You are not a bad person for saying "NO" to something that you don't feel is right for you.
5. Beautiful things happen when you distance yourself from negativity.
6. Bad vibes don't go with my outfit.
7. People are going to talk about you, no matter what you do. So you might as well do whatever brings you joy and live your best life.
8. Never regret a day in your life:

- Good days give happiness.
- Bad days give experience.

- Worst days give lessons, and
- Best days give memories.

10. If someone makes you miserable more than they make you happy. It doesn't matter how much you love them; you need to let them go.

11. I do not crave anyone who will fix me. Just someone who will hold my hand while I fix myself.

12. See rejection as redirection.

13. Risk is the price you pay for opportunity.

14. Tell your people you love them; life is so fragile.

15. Count your blessings, not your troubles.

## What screams "I'm upper class"?

I rounded up some stories about "the upper class" which are to the point. Source indicated.

- **Jamesc1071:**

That depends on which country you are from. In the UK, being upper class is not about money but having come from the right family.

- **TikiTheKiwi:**

Being related to the Queen or having a title. The only things that would deem someone to be upper class in

the UK. Everything else is upper middle class (Doctors, Lawyers ect.)

- **ThatDudeTrees:**

I live in an upper class neighbor hood and usually right around seven I get on my golf cart with my blow horn and start screaming "I'm upperclass" until right around 9:15

- **Amy Swift:**

Yeah, here I'd like to put my own story on this list. As you might know that I'm working for an "elite dating app", I, as a dating coach, have met many people who are considered upper class. Before that, I just thought private jets and yachts are just for showing off. However, Alex J., one of my clients from the app told me that he bought it for saving his time as for people like him, time is much valuable than money. And yachts are used to protect their privacy.

- **excusemeprincess:**

My best friend was discussing the fact she wanted chicken nuggets, when another friend goes, "Chicken? Chicken nuggets? I prefer lam nuggets honestly."

- **cattisee:**

Lessons I learned from a) my wealthy college roommate, b) the country club I work at, and c) estranged old money family members

1. Keep good care of what you have. They didn't need to buy new all the time. They invested in what they had to

keep it in a pristine condition & they rarely had to flaunt with the latest gadget.

2. More money in the bank. They rarely spent unless in their business or education. Most of their money was stowed away in an account, trust, or long term project. (Money makes more money)

3. If you have to tell people you're rich, you're doing too much. Money should speak for itself but more so, a person's ethics should speak louder.

- **RomansFiveEight:**

The true mark of the upper class is being totally removed from the reality of other humans, evidenced by statements that screams "I don't know how the rest of American lives."

Examples: "You work too much, take some time off to travel.", related "You got a job right after college? You've got a whole life ahead of you for work, why not spent a few months in Europe getting life experience?"

- **Slav_Vapor:**

I come from a rather wealthy family and I've notice a pattern. They never say they're rich, they always say the exact same phrase! "We live comfortably" every time. Recommends the steak. It's $150 a plate.

- **Jufro117:**

Being offhand about things that are very expensive for the plebeians. I've found that many rich people are less obnoxious about showing off wealth than people who

are almost "rich" that feel they have to match up to people who make more than they do.

- **FortsDontGotCarpet:**

I work in a private school with international boarding students. At the end of each school year, students leave behind computers, gaming systems, apple watches, designer clothes, etc. They just…leave it.

- **PyschoWolf:**

My cousin (from a poor family) married into a very wealthy family. We're taking NBA-regulation court, have US presidents over for dinner, donate $10M to charities, wealthy.

My cousin was engaged at the time of this incident. He's an honest dude and doesn't take handouts. His '98 Ford F150 breaks down, so he's riding his bike to work. Fiancé's father finds out and shows up unannounced at his work. Hands my cousin the keys to the brand new Tundra he bought two days ago. Cousin is overwhelmed, can't believe it. Cousin asks. "Why?"

And this is when my cousin realized they were wealthy. His future father-in-law tells him its because my cousin loved his daughter before he knew about their money. And he finishes up with "plus I wanted a different one."

Proceeds to walk across the parking lot and gets into even newer truck.

Two, fully tricked-out Tundras, running about $70k each…In 3 days…Not big deal

That man is humble as hell. If you met him, you'd never know his wealth unless you went to his house.

## How can I improve my decision making skills?

### 1. Use the Eisenhower Decision Matrix

It's also referred to as Urgent-Important Matrix, helps you decide on and prioritize tasks by urgency and importance, sorting out less urgent and important tasks which you should either delegate or not do at all.

### 2. Focus on getting to 90%

Particularly in meetings, the last ten percent of a decision is what puts you far over the time limit. Once you hit ninety percent, you can often make the right decision and table the minutia for follow up. - Sam Saxton

### 3. Chart the decision on a graph

Put cost of the decision (time or money) on the x-axis, and put impact on your business of the decision on the y-axis. Chart the outcome. If its low cost/high impact, then it's a no-brainer. If high impact/high cost, then plan the appropriate resources to make it happen. If it's low impact, then chuck it away.

### 4. Take control of your emotions

It is therefore, important that you recognize what you are feeling, and deal with your emotions. Fear or uncertainty can lead you to avoid risk, and this can also affect other areas. If you are an excitable person, you may be entirely too optimistic about your prospects. You might take big risks - no matter how small the chances of success.

**5. Access your decisions**

Analyzing and evaluating past decisions can help you make better ones in the future. When you examine your decisions, you will be able to identify which ones went well, which ones did not - and most importantly - why. This will help you when you consider your next decision.

**6. Trust your gut - but use your head**

Imagine you're hiring a sales rep. First, you'd look at all the candidates from an analytical standpoint. That includes hard metrics like how many years of experience each has, how often they met or exceeded their quota, and so on. Then, ask yourself who feels like they'd be the best hire.

Once you combine your analytical and intuitive answers, you'll be much closer to the right choice.

**7. Have a backup plan**

Sometimes, a lack of time or information may force you to make hasty or uninformed decisions. Having said that, you probably consider a number of options when making a decision. So, if your decision doesn't work out as you hoped, you may have the chance to "do it over"

and try out another option, or just start the decision-making process anew.

### 8. Avoid typical pitfalls

The way you think and choose can negatively affect the quality of your decisions. Don't Make a decision just because you're comfortable with it. Yet a decision that takes you out of your comfort zone and represents a new direction is usually the best.

## How Do You Develop Your Social Abilities?

### 1. Get feedback

When you're bad at social skills, people won't just come out and tell you - frankly, people don't even tell you when you've got spinach in your teeth.

Asking feedback on how you're coming across is one of the best ways to get input from others; more importantly, it will make them stay more focused on you and what you say next time.

### 2. Remember others' stories

The key is not only being a good listener, but also being interested in people's stories. "Interested people are interesting" - We are all a bit egocentric and we tend to LOVE people who are interested in our stories. Read it again.

**3. Give off some nice vibes**

As I've mentioned in my previous answers (Amy Swift), people will forget what you said and what you did, but they will never forget how you made them feel.

You only get one chance to make a good first impression. For better or worse, the impression you leave is based largely on your social skills.

**4. Value small talks**

Just like going to a restaurant, you don't want to just take the food the moment you walk in the door, eat it and leave away. It's more like a dining experience with a set of rituals that makes it enjoyable, worthwhile and something you'll want to do again.

Doing some small talks allows you to be seen as a complete person rather than someone who is boring, stiff and robotic. It's a good way to show your personality and develop relationships.

**5. Don't fill every gap with talking.**

Conversations are 2-way streets. However, sometimes it's perfectly fine to say, "Wow, that's really cool." You don't always need to have a follow-up story, an answer or an opinion. Sometimes, asking your interlocutor another related question will make the conversation go on further.

**6. Dare to share**

The connections you make come through sharing knowledge and what you're working on. I believe we all have stories to tell that will help others in some way. By sharing ideas and working together, everyone involved benefits and receives a bit back.

When you're sharing, it forces you to learn and think again the ideas you're working on.

*Practice: Think about something you feel passionate about. It could be the best recipe you've learnt, an art form or a life hack. It could be anything. Leave your comments below and share it to me.*

**7. Focus on earning respect instead of laughs.**

Humor makes you more memorable, aids in storytelling. But remember that the most successful communicators are those who have earned respect, rather than laughs. The best practice is, telling a joke or two to warm up an audience, and avoiding ending a conversation / presentation with a laugh.

**8. Try giving a compliment**

Resolve to give at least two compliments each day - preferably ones that you would not normally give. But remember to always be sincere: only pay a compliment to someone if you truly believe what you are saying.

These ideas can help take your social skills from good to better. But personally I'd suggest that you identify your trouble spots first by asking yourself a few questions:

- Do I have trouble starting conversations?
- Do I quickly run out of things to say?
- Do I tend to say "yes", nod, and try to keep other people talking to avoid having to talk?
- Am I reluctant to talk about myself?

## What makes a relationship last long?

1. Try the 10-minute rule.

It works like this: "A daily briefing in which you and your spouse make time to talk about anything under the sun - except kids, works, and household tasks or responsibilities." - Orbuch

2. Create a few goals and dreams with one another.

3. Let them win an argument.

4. Take an unplanned vacation together.

5. Share chores.

6. Be silly sometimes. Don't take everything so seriously.

7. Be a problem solver rather than being overly critical.

8. Listen, and know when silence plays a better role than speaking out.

9. Be responsible with money. Money has a vital role to play in your union.

10. Always show your respect to your partner.

11. Appreciate your differences. Your partners' ideas and interests also matter, which make them who they are.

12. Encourage time apart. Everyone needs a break from their significant other every once in a while. Spending time alone or with other ppl means that both of you can continue to grow as individuals.

13. Don't be lazy in your love. Tell them how you feel and how much you love them.

14. Make them feel needed.

15. Learn to say thank you. People love feeling appreciated. So don't get stuck in your routines and forget to thank your partners for the little things they do.

More to the point #10: Respect also means that you respect their time with their friends. Texting your partner when they're with their friends will only push them away. Be wise. Here is a small trick that you can use to do better:

*You can ask your partner to bring specific items before he / her goes out. This will always remind them of you and the items you asked for. Note the items should be easy and cheap. Just don't say "buy me a car when you're back." okay?*

# Some Lessons That Life Teaches

1. Nothing's really lost until your mother can't find it.
2. Life tip: When nothing goes right, go to sleep.
3. Mirror says "Yes". Camera says "No".
4. Nothing ruins your Friday like realizing it's Thursday.
5. You know what really turns me on? Unprotected wifi.
6. My love is like a candle, if you forget me I will burn your house down.
7. 'I'll see you in court' is the grown up version of 'I'm telling mom'.
8. Technically if you don't cut a cake, it's still only one slice.
9. "Your secret is safe with me…and my best friends."
10. Going back to your ex is like having a shower and putting dirty underwear back on.
11. The human body has 7 trillion nerves, and you manage to get on every single one of them.
12. Sometimes all you need is a billion dollars.
13. Favorite childhood memory: Not paying bills.
14. That one password you use for everything and if anyone knew it, they could destroy you.
15. I love asking kids what they want to be when they grow up because I'm still looking for ideas.
16. Brain are awesome if only everyone had one.

# Things That Too Expensive To Learn At Young Age

- Experience gives more learning than knowledge does.
- Love at first sight is a nonsense sight.
- Never ever judge a book by it's cover.
- Failure teaches more than success does.
- Having peace in mind is more essential than having money in hands.
- Friends are the real companion than so called gf and bfs.
- Life is hard to survive.
- Patience is the biggest achievement.
- Hardwork wins over intelligence.
- One side love slowly kills.
- Enjoying Journey is more important than the destiny.
- Parents are our oxygen support.
- Overthinking takes you to a virtual world.
- Happiness is state of mind not the heavy possessions.
- Harsh memory are hard to vanish.
- Simplicity been loved over cuteness.
- No one pass your words to your crush. You have to take the steps.
- Girls and boys can’t be friends.
- The opposite gender are not alien.

# Is there an equation which defines happiness?

There isn't a single equation to define happiness, as it's *subjective*.

***However, in social settings, you can enhance happiness through these five steps:***

1. **Formulate Positive Relationships:** Prioritize quality over quantity in relationships. Engage in active listening and genuine communication.
2. **Practice Gratitude:** Express gratitude to friends or colleagues.
3. **Be Present:** Stay in the here and now, practice mindful attention, and don't judge yourself or others in your head. By avoiding judgment, you observe better and *enjoy* better.
4. **Contribute:** Offer support and assistance to friends or community members. Maybe volunteer for causes that align with your values.
5. **Set Realistic Expectations:** Manage expectations in social interactions. Accept imperfections in yourself and others. Focus on shared positive experiences rather than dwelling on minor disappointments.

# Things Take Your Whole Life To Understand

1. **Avoid living in the past and holding grudges!**

2. **Don't Burn Bridges**: Maintain good relationships with people, both personally and professionally. You never know when you might need their help or support in the future.
3. **Never Stop Learning**
4. **Don't Ignore Feedback**: Welcome constructive criticism and feedback from others. It can help you grow and improve in various aspects of your life.
5. **Never Lose Sight of Your Purpose**: Have a clear sense of purpose and meaning in your life. Wise individuals stay connected to their life's mission and values.

## 06 Ways to make people respect you immediately

1. Let Them Complete, Always be the Last to Speak
2. Stop Taking Yourself Seriously and Start Laughing at Yourself
3. Do Not Make the Environment Negative By Gossiping
4. Ensure that Your Words and Actions Match
5. Become a Good Helper Whenever Needed
6. Accept If You Don’t Know Something!

## 06 Uncomfortable truths

1. **Everyone Will Die:** No matter how healthy or safe we live, mortality is inevitable.

2. **People Aren’t Always Honest:** Even those close to us may lie or hide truths for various reasons.
3. **We Can’t Control Everything:** No matter how much we plan, unforeseen events can and will occur.
4. **Everyone Makes Mistakes:** No one is perfect, and everyone will make errors in judgment or action at some point.
5. **Change is Inevitable:** Whether we like it or not, everything changes — friends, circumstances, our bodies, and our environments.
6. **Pain is a Part of Life:** Physical, emotional, and psychological pain is inevitable at various points in our lives.

## Something That Most People Don't Know

1. If you hand someone something while they are talking, half the time they'll take it.

2. When walking in a crowded area, put your hand out in front of you as if pointing at something, people move.

3. Use phrases like 'Thank you for your patience' Instead of apologizing 'sorry, I'll fix it later'. It removes the blame from you and makes the other person feel better.

4. If you wanted something done a certain way suggest something very close but not quite right. Let them fill in the gaps and do the 'oh yeah but maybe like this instead?' Keep discussing until they land on what you originally wanted

5. If you're tired of swiping aimlessly in a sea of a thousand dates, it's a sign to be selective about the pool you're in.

6. If you ask 100 People to pick a random number between 1 and 10, a great deal of people choose 3 or 7.

7. Change the perspective from I to we and people will automatically align themselves with you.

8. Whenever you want to help someone with something but you know their pride gets in the way, just ask them for a favor first even if you don't really need it.

9. If someone doesn't want to give you specific information, like tuition costs, or hours expected, give them an example that's completely unreasonable. They will usually immediately give you an exact number and feel embarrassed for pretending not to know.

10. Asking people to explain what they mean when they're making offensive jokes. They'll feel a mountain of awkwardness and shame fall on them.

11. Nod your head up and down slightly when you want someone to agree with what you are saying.

12. If you are trying to reassure a person, never say "Everything will be fine", A person understands that everything will be fine in the future, but he expects a result at the moment. Try "I do not know how to help you, but if you know what you need, just say. I will do all my best." next time.

## What's the hardest truth of life?

1. Everyone is a whore. We just sell **different parts** of ourselves.

2. If it's free, **you're the product.**

3. Comparison is the **thief** of joy.

4. Nostalgia is a **liar.**

5. A **person** is smart, but **people** are dumb.

6. Marrying the wrong person can **destroy** you.

7. A pessimist is only a **well informed** optimist.

8. If people could put rainbows in cages, **they would.**

9. **No one** is interested in your suffering until you succeed.

10. **Blood means shit.** Pick your own family.

11. The world is run by the **1%** and most of us are just living in it.

12. Sometimes **you** are the bad guy.

13. It's never a **stranger** who betrays you.

14. In a relationship, love is **not enough.**

15. Love is **not** all you need.

16. **It's better not to be bitter knowing the above.**

## What phrase or text changed your perspective on life?

1. Don't take life too seriously, you'll never get out alive.
2. If you're going through hell, keep going.
3. More is lost by indecision than wrong decision.
4. A ship is safe in harbor, but that's not what ships are for.
5. Worrying is like paying interest on a debt you may never owe.
6. Be the person your dog thinks you are.
7. War doesn't decide who's right. War decides who's left.
8. A year from now you will wish you had started today.
9. Not all those who wander are lost.
10. The mighty Oak tree was once a nut that stood its ground.

## What are the hurting truth of life?

1. Relationship often spoils a person happy life.
2. Caring behaviour usually misunderstood as being possesive.
3. Nowadays, Loving is a selfish behaviour as they willing to be loved in change.
4. Rich, popular and beautiful or smart people have a lot of friends.
5. Simple people are avoided during meetups.
6. Most saints are earning alot while asking others to leave the possessions.

## What is a brutal truth about life

1. Coffee is just bean soup and tea is just hot leaf juice.

2. People have said a lot of horrible things about you behind your back.

3. Love won't save deep insecurities or incompatibility.

4. You don't have to stay friends with someone just because you have been friends for a long time.

5. You aren't special so just make the best of the cards you have.

6. Some people can be worse than you in every aspect, yet they can still beat you.

7. Being good at something doesn't mean you can make a business out of it.

8. You can be a good person your entire life, and still have a shitty life.

9. The correlation between competency and corporate position is not strong.

10. HR is not there to protect you, it is in place to protect the employer from you or from your actions.

11. Adults dont have all the answers and when your an adult people look to you for answers.

12. We are all biased. Especially those who think they are not.

13. Unless you're a famous historical figure, you will be completely forgotten within a few decades of your death.

14. There isn't necessarily "someone for everyone." Lots and lots of people are lonely and unloved.

15. Sometimes things just stop working, out of no fault of yours or theirs or anyone's, but just because. Some people change, and some people don't, and inevitably, some things between those changing and unchanging people will stop working.

## What are some of the best life tips?

1. Pretend bad things don’t exist, and then somehow they don’t.
2. You can complain or fix.
3. Choices made in anger cannot be undone.
4. Be as happy as you seem on your social media.
5. Stop expecting people to love like you do.
6. Be the person your dog thinks you are.
7. If you tell the truth, you don’t have to remember anything.
8. Big or small doesn’t matter, lies are lies.
9. People come and go, yourself is forever.
10. Your future needs you, not your past.

## 08 Things you should never do in life

***NEVER***

1. Delay to say thank you & sorry
2. React instantly in anger (you will definitely regret later)
3. Dwell in the past :/
4. Underestimate the power of kindness
5. Fear rejection
6. Afraid to ask questions & express your opinions (respectfully)
7. Gossip or Nosy
8. Feel you aren't capable or worth it

# Habits That'll improve Your Life Effortlessly

1. Start your morning with Luke warm water.
2. Make your bed as soon as you wake up like army brats.
3. In morning, do most hard task/work continuously for 3 hours in the flow state.
4. Read any novel or book for just 20 minutes to gain your focus.
5. Meditate if you can, it brings concentration and good vibrations around you and helps you to deal with your lymic system of mind.
6. I am phenomenal say it in mirror and one day you will be.
7. Don't doom scroll in the morning.
8. Don't utter a word, when you are in anger.
9. Be courageous enough to say no when it's need.
10. Daily practice yoga/exercise for 15 minutes for good and to calm your body.
11. Embrace the little changes in your life.
12. Practice and inculcate good listening skill habits.
13. Write a gratitude note every day to change your thought process.
14. Try a new skill as the new year resolution.
15. Evening walks are relax able.
16. Practice self-love to make yourself attractive.
17. Shift towards knowledgeable short content or podcast instead of pleasurable ones.

18. Challenge your **one bad habit for 90-day Target.**
19. Read a motivational quote to inspire you like **"ONE DAY OR DAY ONE".**
20. Enjoy your evening tea with your dear ones to lighten up your mood.
21. **Don't do bad mouthing about yourself even as a joke.**

## Hacks To Stop The Drama In Your Life

**1. Effective Communication:** Clearly express your thoughts and feelings while actively listening to others. Open and honest communication can prevent misunderstandings and defuse potential drama.

**2. Set Boundaries:** Establish personal boundaries and communicate them assertively. This helps prevent situations that may lead to drama and ensures that others respect your limits.

**3. Choose Your Battles:** Not every situation requires a strong reaction. Evaluate the importance of the issue and decide whether it's worth engaging in or if it's better to let it go.

**4. Stay Calm and Collected**: Avoid reacting impulsively to drama. Take a moment to collect your thoughts before responding. A calm demeanor can de-escalate tense situations.

**5. Focus on Solutions:** Instead of dwelling on the problem, shift your focus to finding solutions. This

proactive approach can help resolve issues more efficiently and minimize ongoing drama.

**6. Surround Yourself with Positivity:** Limit interactions with individuals who consistently contribute to drama. Surround yourself with positive influences who support your well-being.

**7. Practice Empathy:** Try to understand others' perspectives, even if you disagree. Empathy can foster understanding and reduce the likelihood of conflicts.

**8. Learn to Let Go:** Holding onto grudges or past drama can create ongoing stress. Learn to let go of negativity and focus on moving forward.

**9. Self-Reflection:** Regularly assess your own actions and reactions. Identify patterns that contribute to drama and work on personal growth to break those patterns.

**10. Prioritize Self-Care:** Taking care of your physical and mental well-being can provide resilience against drama. Ensure you have time for relaxation, hobbies, and activities that bring you joy.

Remember, eliminating all drama from life may be unrealistic, but adopting these strategies can help minimize its impact and promote a healthier and more positive environment.

## Lessons Learned From Personal Experiences

1. Stay focused and don't worry about the little things.

2. Learn to stabilize your emotions and avoid conflicts with others.

3. Study more when you have nothing to do and improve your technical abilities.

4. Reading more books on philosophy and history will improve your understanding.

5. Correctly view random factors in life（ luck ）, seek advantages and avoid disadvantages

## Self Mastery depends on Powers of Concentration

Use your mental forces so that they will grow and develop. Remember that everything you do is the result of mental action, therefore you can completely control your every action. Nothing is impossible for you.

Many people who seem to lack ambition have sluggish minds. They are steady, patient and seemingly have good control, but this does not say they are able to concentrate. These people are indolent, inactive, slow and listless, because they lack energy; they do not lose control because they have little force to control. They have no temper and it therefore cannot disturb them.

Their actions are steady because they possess little energy. The natural person is internally strong, energetic and forceful, but his energy, force and strength, thoughts and physical movements are well under his control. If a person does not have energy, both mental and physical, he must develop it. If he has energy which he cannot direct and hold to a point he must learn to do so. A man may be very capable, but, unless he Wills to control his abilities, they will not do him any good.

Energy creation and control are all purely mental. The first step is to summon up lots of energy. The second step is to focus it. Control is concentrated power.

# 12 Things no one tells you about adult life

Entering adulthood brings about a range of experiences and responsibilities that may not always be apparent from the outset. Here are 12 aspects of adult life that people may not always talk about:

**1. Continuous Learning:**

- Adult life is a journey of continuous learning, both personally and professionally. You'll encounter new challenges and opportunities for growth, and adapting to change becomes a constant.

**2. Financial Responsibility:**

- Managing finances, budgeting, and planning for the future become significant aspects of adult life. Understanding concepts like savings, investments, and debt management is crucial.

**3. Work-Life Balance:**

- Balancing work and personal life is an ongoing challenge. Prioritizing self-care, hobbies, and time with loved ones becomes essential for overall well-being.

**4. Navigating Relationships:**

- Adult relationships require communication, compromise, and understanding. Friendships, family dynamics, and romantic relationships evolve, and maintaining healthy connections takes effort.

**5. Decision-Making:**

- You'll face important decisions, both big and small, throughout adulthood. Learning to make informed choices and accepting the consequences is a vital skill.

**6. Failure and Resilience:**

- Failure is a part of life, and building resilience to bounce back from setbacks is crucial. Not every plan will succeed, and that's okay—it's an opportunity to learn and grow.

**7. Self-Care is Not Selfish:**

- Prioritizing self-care is essential for mental and physical well-being. Taking breaks, practicing mindfulness, and

seeking support when needed contribute to a healthier life.

**8. The Importance of Networking:**

- Building and maintaining a professional network can open doors to opportunities and career growth. Networking is not just about job hunting; it's about building relationships and sharing knowledge.

**9. Mental Health Matters:**

- Prioritizing mental health is as important as physical health. Seeking therapy or counseling when needed is a sign of strength, not weakness.

**10. Building a Career Takes Time:**

- Building a successful career is a gradual process. It's okay not to have everything figured out immediately, and career paths often involve twists and turns.

**11. Embracing Change:**

- Adult life is marked by constant change. Being adaptable and open to new experiences and perspectives is a valuable skill.

**12. Creating Boundaries:**

- Learning to set healthy boundaries in personal and professional relationships is crucial for maintaining well-being. Saying "no" when needed and asserting yourself respectfully is an important skill.

While these aspects may not be explicitly discussed, they are integral to navigating the complexities and joys of adult life. Embracing these challenges and learning from them is a fundamental part of personal growth and development.

## Who hides behind rules/convolution and bureaucracy?

There are many reasons why someone might hide behind rules, convolution, and bureaucracy. Here are some possibilities:

**To avoid taking responsibility:** By following the rules to the letter, even when it's inconvenient or unfair, a person can avoid making difficult decisions or taking responsibility for the consequences of their actions. This can be a way to protect themselves from blame or criticism.

**To maintain control:** Complex rules and procedures can create a sense of order and control. This can be appealing to people who are uncomfortable with uncertainty or ambiguity. By adhering to the rules, they can feel like they are in control of their environment and their interactions with others.

**To protect themselves from harm:** In some cases, people may hide behind rules and bureaucracy to protect themselves from harm. For example, a whistleblower might follow a complex reporting procedure to avoid retaliation from their employer.

**To maintain a sense of professionalism:** In some professions, there is a strong emphasis on following rules and procedures. This can be seen as a way of maintaining a professional demeanor and avoiding accusations of bias or favoritism.

**To avoid making difficult choices:** Complex rules can sometimes take the burden of decision-making off of an individual. This can be appealing to people who are struggling with a difficult choice or who simply don't want to be bothered with making decisions.

**Because they believe the rules are important:** Some people genuinely believe that rules and procedures are important for maintaining order and fairness in society. They may see following the rules as a moral obligation, even if it means being seen as bureaucratic or inflexible.

It's important to note that these are just a few possibilities, and there is no one-size-fits-all answer to this question. The reasons why someone might hide behind rules and bureaucracy are complex and varied.

It's also worth noting that not everyone who follows the rules is doing so for these reasons. Some people simply prefer to do things by the book, and there's nothing wrong with that. However, if you find yourself constantly frustrated by someone who seems to be hiding behind rules and procedures, it may be helpful to try to understand why they are doing it. Once you have a better understanding of their motivations, you may be able to find a way to communicate with them more effectively.

## How can you change your life to be peaceful, calm, and cool?

The real meaning of peace is multifaceted and can be viewed from different lenses. Here are some ways to think about it:

**Inner peace:** A state of serenity and tranquility within yourself, regardless of external circumstances. This involves accepting yourself, managing your emotions, and finding meaning in life.

**Interpersonal peace:** Harmony and understanding in relationships with others. This means practicing empathy, resolving conflicts constructively, and respecting individual differences.

**Social peace:** Absence of violence, conflict, and injustice within a community or society. This requires building trust, promoting cooperation, and addressing systemic issues that breed inequality.

**Global peace:** Absence of war and armed conflict between nations. This necessitates diplomacy, collaboration on global challenges, and upholding international law.

So, to achieve peace in your life, you can focus on different aspects depending on your needs and circumstances. Here are some ways to cultivate peaceful living:

**Inner peace:**

- **Practice mindfulness and meditation:** These techniques help you become aware of your thoughts and feelings without judgment, leading to greater clarity and emotional control.
- **Connect with nature:** Spending time in natural environments can be calming and grounding, lowering stress and promoting mental well-being.
- **Engage in activities you enjoy:** Pursuing hobbies and passions brings joy and fulfillment, contributing to a sense of inner peace.
- **Practice gratitude:** Focusing on the things you are thankful for fosters positive emotions and shifts your perspective towards abundance.

**Interpersonal peace:**

- **Develop healthy communication skills:** Learn to express yourself clearly and assertively, and listen actively to others with empathy.
- **Set boundaries:** Respect your own needs and limitations, and communicate them effectively to avoid resentment and conflict.
- **Practice forgiveness:** Holding onto past grudges harms your own peace. Allow yourself to forgive others and let go of negativity.
- **Nurture positive relationships:** Surround yourself with supportive, understanding people who bring joy and laughter into your life.

**Social peace:**

- **Get involved in your community:** Participate in causes you care about, volunteer your time, and build connections with others who share your values.
- **Speak up against injustice:** Raise your voice against discrimination, inequality, and harmful practices in your community.
- **Support peace initiatives:** Advocate for peaceful resolutions to conflicts and contribute to organizations working towards global peace.

## How do you manifest what you want quickly?

1.Write down what you want and how much time you want to achieve it.

2.Break down into smaller goals

3.Work every single day at least for some time for it.

4. Assess how far you have come frequently

5. Be positive Don't give up

And if u need it to be quick u need to work hard more for it to happen

(For example: if your goal is to travel to Kashmir

And u need 1 lakh for that travel

Research about flight tickets, it's price, when it will be less, places to stay, plan all the places u want to go and plan every little thing in detail and write it down

Save where you can and try to make more money whenever you can.

More u work on it sooner you will achieve that goal. Manifestation work only if you work.

If possible and if you believe put it on your vision board.

## What about corporate life no one tells you about?

- **Hidden hours.** You will always hear people saying corporate work life is just 9-5 but that's a myth there is no routine time it's just your work should be delivered on time for and how many hours you need that will decide your work timing.
- **Leave is not your right.** You might heard corporate employees getting 30-40 days of leave in the year but you might not hear how much begging is required for getting 2 weeks leave on an ongoing project because leave is **a privilege not right.**
- **The manager is God.** Yes you heard right manager is God the person who is responsible for your work-life balance, Hikes, promotions, and on-site will not be considered as a common

guy. So if your God is happy with you then he will make sure you are also happy.

- **Experience means more money not more work.** You will often see juniors who are underpaid and doing most chunks of the work than experienced guy its all because juniors are busy in making their name in the team or organization hence completely used like puppets from the seniors.
- **Friends with benefits.** If you want to find the best example of fake friends come and see in the corporate world. You will be surprised to see their bonds at the first look like Jay and Veeru and the same friends will do bitching against each other to the manager when they see any profits.
- **Knowledge grows up with sharing.** That's an old phrase in corporate you will grow only when you keep gathering knowledge and **hiding inside** yourself because you never know whom you are sharing knowledge are getting ready for your replacement.
- **Educated chichore.** No wonder corporate people are well educated but still they have Delhi roadside culture inside them. Wanna test? Just recruit one unmarried young female in your team and see the energy level of your team.

# Psychological Facts That People Don't Know

01. Your nose is connected to the memory center of your brain. That's why **smells can trigger powerful memories.**

02. Being tested on things, help you remember them better.

03. The cells on your body react to everything your mind says. So, **negativity brings down your immune system**, and you feel sick.

04. Your favorite song is your favorite, because you associate an emotional event with it.

05. Psychology says, one of the hardest tasks for the human mind is convincing yourself that **you no longer care.**

06. People who laugh more are able to **tolerate pain better**, both physical and emotional.

07. When a person dies, they have 07 minutes of brain activity left. It's the mind, playing back the person's memories in a **dream sequence.**

## Things That We Understand When Get Old/Older

1. When you stop talking to people, stop talking **about** them too.
2. What others think of you has nothing to do with **who you are.**
3. Time always exposes what you mean to someone.
4. Stop being okay with **everything**. You deserve to be treated right.
5. You're in control of your story. And if you don't like the plot, you can **rewrite a new one.**
6. Don't get lost in comparing yourself to other people. **You're valuable and no one can take that away.**
7. The person you're becoming will cost you people, relationships, places and things. Choose that person over **everything**.
8. Maturity is **peacefully disagreeing** without thinking the other person is terrible or believing **all** of their other views must be wrong too.

## Best Time In A Day For Important Decision Making

The best time for important decision-making can vary from person to person, and it often depends on individual factors such as chronotype (whether you're a morning person or night owl), energy levels, and

cognitive function. However, some general guidelines suggest that people tend to be most alert and focused in the late morning, around 10 AM to noon, and in the early afternoon, around 2 PM to 4 PM. During these times, cognitive functions, including decision-making, may be at their peak for many individuals.

Morning (8 AM to 12 PM): This is often considered a good time for important decision-making tasks that require focus and concentration. Your mind is generally fresh after a night's sleep, and you may be better able to tackle complex issues during this time.

Afternoon (2 PM to 4 PM): Many people experience a post-lunch dip in energy and alertness, but by mid-afternoon, cognitive function tends to improve again. This could be a suitable time for decision-making tasks that require careful consideration.

It's important to note that these are general guidelines, and individual variations exist. Some people might find that they are most productive and focused in the early morning, while others may peak later in the day. It's essential to pay attention to your own energy levels, concentration, and mood to determine your optimal decision-making times.

Additionally, routine or less critical tasks that don't require as much mental effort can be scheduled for other times. For example, administrative work or creative brainstorming might be more suitable during periods when your energy is lower.

Ultimately, self-awareness and experimentation can help you identify your personal peak times for decision-making and other types of activities.

## How Philosophical Minds Read Quran?

Philosophical minds approach the Quran, the holy book of Islam, in various ways depending on their philosophical backgrounds, perspectives, and beliefs. Different philosophers may interpret religious texts differently, and their readings are influenced by their philosophical frameworks. Here are some common approaches that philosophical minds may take when reading the Quran:

**1. Philosophical Hermeneutics:** Philosophers often use hermeneutics, the theory and methodology of interpretation, to understand religious texts. They may employ a philosophical hermeneutical approach to explore the deeper meanings and implications of Quranic verses. This involves delving into the historical, cultural, and linguistic context to interpret the text more broadly.

**2. Existentialist Perspective:** Existentialist philosophers may focus on individual experiences, freedom, and personal responsibility when interpreting the Quran. They may explore themes related to human existence, purpose, and the individual's relationship with the divine.

**3. Ethical Philosophy:** Philosophical minds with a background in ethics may scrutinize the ethical principles

and moral teachings present in the Quran. They may seek to understand how the Quran guides individuals in making ethical decisions and living a virtuous life.

**4. Philosophy of Religion:** Scholars in the philosophy of religion may approach the Quran as a foundational religious text and engage with questions related to the nature of God, the meaning of life, and the role of faith. They may analyze theological concepts presented in the Quran within a broader philosophical context.

**5. Comparative Religion:** Some philosophers engage in comparative religion, comparing the teachings of the Quran with those of other religious texts. This approach aims to find commonalities and differences between religious traditions, fostering a deeper understanding of the Quran in a global context.

**6. Critical Philosophy:** Philosophers may critically examine the Quran, questioning its interpretations, potential inconsistencies, or the implications of certain verses. This approach involves a critical analysis of the text, keeping in mind the philosophical principles of reason and logic.

**7. Mystical or Sufi Philosophy:** Some philosophical minds, particularly those inclined towards mysticism, may approach the Quran from a Sufi perspective. They may seek to uncover the mystical dimensions of the text, exploring themes of inner spiritual experience and divine love.

It's important to note that interpretations of the Quran can vary widely, and different philosophical minds may approach the text with diverse perspectives. Additionally, Islamic scholars often provide their own commentaries (tafsir) to offer insights into the meanings and contexts of Quranic verses.

## Benifits Of Study Quran In Choronological Order

Studying the Quran in chronological order, also known as the order of revelation (Tanzil), can offer several benefits for individuals seeking a comprehensive understanding of the text. The Quran was revealed to the Prophet Muhammad over a period of approximately 23 years, and arranging its verses chronologically helps provide context to the historical and social circumstances in which each revelation occurred. Here are some benefits of studying the Quran in chronological order:

**1. Historical Context:** Chronological order allows readers to follow the development of Islamic teachings in response to the specific situations and challenges faced by the early Muslim community. Understanding the historical context enhances comprehension of the reasons behind specific revelations.

**2. Progressive Revelation:** The Quran was revealed progressively, addressing the evolving needs of the Muslim community. Studying it in chronological order

allows readers to observe the gradual unfolding of key concepts, laws, and ethical principles.

**3. Understanding Abrogation (Naskh):** Some verses in the Quran abrogate or modify others, and studying the Quran chronologically helps identify instances of abrogation. This is crucial for a comprehensive understanding of Islamic jurisprudence.

**4. Coherence of Themes:** While the Quran is not arranged in a strictly chronological order in its compiled form, studying it in the order of revelation can reveal the coherence of themes and messages. This approach helps in understanding the interconnectedness of various verses and chapters.

**5. Spiritual Growth:** Reading the Quran chronologically allows for a deeper connection with the spiritual and moral development of the Prophet Muhammad and the early Muslim community. This can contribute to personal spiritual growth and a more profound appreciation of the Quran's guidance.

**6. Contextualization of Verses:** The chronological order aids in contextualizing verses within the broader narrative of the Prophet's life. This context is crucial for interpreting verses correctly and avoiding misunderstandings.

**7. Appreciation of Literary Style:** The Quran is renowned for its unique literary style and linguistic beauty. Studying it in chronological order allows readers

to appreciate the gradual refinement of this style over the years, providing insights into the eloquence of the text.

**8. Educational Progression:** For educational purposes, studying the Quran chronologically can serve as a structured curriculum, allowing students to grasp foundational principles before delving into more advanced concepts.

While studying the Quran in chronological order can be beneficial, it's essential to remember that traditional Quranic compilations are organized based on the length of chapters (Surahs) rather than strict chronological order. Therefore, readers often consult scholarly resources and tafsir (commentaries) to identify the chronological sequence of verses.

## Why Only Quran Is Not Enough?

In Islam, the study of the Quran holds paramount importance as it is considered the primary and most authoritative source of guidance for Muslims. However, the study of the traditions of the infallibles, specifically the sayings and actions of the Prophet Muhammad (Hadith) and the teachings of the Ahl al-Bayt (the family of the Prophet), is also highly valued in Islamic scholarship. Here are some reasons why studying both the Quran and the traditions of the infallibles is considered important:

**1. Quranic Interpretation (Tafsir):** The Quran is a rich and complex text, and its proper interpretation requires an understanding of the context in which it was revealed. The traditions of the infallibles, especially the explanations provided by the Prophet Muhammad and the Ahl al-Bayt, offer valuable insights into the meanings of Quranic verses. This helps prevent misinterpretations and ensures a more accurate understanding of the Quran.

**2. Clarification of Ambiguous Verses:** Some verses in the Quran may be general or ambiguous in their meaning. The traditions of the infallibles can provide additional context, clarification, and specific examples that shed light on the intended message of these verses.

**3. Elaboration of Legal and Ethical Principles:** While the Quran provides a foundation for Islamic law and ethics, the traditions of the infallibles elaborate on specific legal rulings (fiqh) and ethical guidelines. The Prophet's sayings (Hadith) and the teachings of the Ahl al-Bayt help in the application of Quranic principles to various aspects of life.

**4. Preservation of Sunnah (Prophetic Traditions):** The Sunnah refers to the practices and sayings of the Prophet Muhammad. Studying the traditions of the infallibles, especially those of the Prophet, helps Muslims understand and preserve the Sunnah. The preservation of the Sunnah is crucial for maintaining the authenticity and completeness of Islamic teachings.

**5. Role Models for Behavior:** The lives of the infallibles, particularly the Prophet Muhammad and the Ahl al-Bayt, serve as exemplary models of piety, morality, and virtue. Studying their traditions provides Muslims with practical examples of how to implement the teachings of the Quran in their daily lives.

**6. Contextualization of Verses:** The traditions of the infallibles provide historical and contextual information about the circumstances surrounding the revelation of certain Quranic verses. This context is vital for a comprehensive understanding of the Quran.

**7. Spiritual Guidance:** The traditions of the infallibles offer additional spiritual guidance and insight into matters of worship, prayer, and devotion. Understanding the practices recommended or exemplified by the Prophet and his family contributes to the spiritual development of Muslims.

While the Quran is the primary source of guidance, the traditions of the infallibles serve as a complementary source that aids in the correct understanding and application of Quranic teachings. Many Islamic scholars emphasize the integration of Quranic verses and Prophetic traditions to derive a holistic and authentic understanding of Islam.

# Comprehensive Note On "Falsafatuna" By Baqir Alsadr

"Falsafatuna" (Our Philosophy) is a significant work by the prominent Islamic philosopher and Shia theologian Baqir al-Sadr. Baqir al-Sadr (1935–1980) was an influential figure in Islamic philosophy and jurisprudence, known for his intellectual contributions to the development of Islamic thought. "Falsafatuna" is considered one of his seminal works, where he articulates his views on various philosophical and theological issues within an Islamic framework. Falsafatuna (Our Philosophy), published in 1959. It constitutes a powerful critique of European philosophical currents, particularly capitalism and socialism, from an Islamic perspective. Aimed at young Iraqi Muslims susceptible to these ideologies, it proposes an alternative, Islamic worldview rooted in reason, revelation, and social justice. Here's a comprehensive note on the book's key features:

**Central Themes:**

*** Critique of Materialism:** Sadr rejects both capitalist and socialist materialisms, arguing they fail to address the human soul's spiritual needs and lead to exploitation and alienation. He criticizes capitalism's focus on individual gain and exploitation while highlighting the suppression of individual freedom under totalitarian socialism.

*** Reason and Revelation:** Falsafatuna emphasizes the centrality of both reason and revelation in Islamic thought. Sadr believes reason alone is insufficient,

requiring guidance from divine revelation as presented in the Quran and the teachings of the Prophet Muhammad (peace be upon him).

*** Social Justice:** Sadr advocates for an Islamic economic system based on social justice and the pursuit of the common good. He highlights concepts like zakat (obligatory charity) and wilayah (governance) as pillars of an equitable society that prioritizes the welfare of all.

*** Role of Religion in Society:** Sadr argues for a dynamic role of religion in shaping society, opposing both secularism and theocracy. He envisions a society where Islamic principles inform legal and social structures while respecting individual liberties.

*** Epistemology:** Falsafatuna delves into epistemological discussions, exploring the nature of knowledge and its acquisition. Sadr emphasizes the role of both sensory perception and rational thought in attaining knowledge, while acknowledging the limitations of human reason and the significance of divine revelation.

**Significance and Impact:**

*** Falsafatuna ignited a critical reevaluation of Western ideologies within the Muslim world.** It challenged simplistic binaries and offered a nuanced Islamic alternative to dominant social and economic models.

*** The book became a cornerstone of Islamist thinkers and movements during the late 20th century.** Its influence is evident in the Iranian Revolution and the development of Islamic economic theories.

*** Falsafatuna sparked controversy for its critique of both capitalism and socialism.** Some criticized its

perceived rigidity and lack of engagement with contemporary complexities.

**Further Considerations:**

* Falsafatuna is best understood within its historical context of Cold War Iraq, where both capitalism and socialism exerted significant influence.
* While offering a valuable critique of dominant ideologies, the book's specific proposals for an Islamic society require further elaboration and adaptation to contemporary contexts.
* Engaging with Falsafatuna's arguments and limitations opens avenues for ongoing discussions about the role of religion in the modern world and the development of ethical and equitable social systems.

Concepts in "Falsafatuna":

**1. Philosophical Foundations:**

- Integration of Reason and Revelation: Baqir al-Sadr emphasizes the harmonious integration of reason ('aql) and revelation (naql). He argues for the compatibility of philosophical inquiry with Islamic teachings, encouraging Muslims to engage in intellectual pursuits while remaining true to their faith.

**2. Epistemology:**

- Knowledge and Certainty: Al-Sadr explores the nature of knowledge and the criteria for certainty in epistemology. He discusses the role of reason and

revelation in attaining true knowledge, asserting that both are essential sources of understanding.

**3. Metaphysics:**

- Existence and Essence: "Falsafatuna" delves into metaphysical questions concerning existence and essence. Al-Sadr engages with classical philosophical issues, such as the nature of being and the relationship between essence and existence, within an Islamic philosophical framework.

**4. Ethics:**

- Moral Philosophy: Al-Sadr addresses ethical concerns, emphasizing the moral teachings embedded in Islamic philosophy. He discusses the role of ethics in individual and societal life, and the importance of ethical principles in guiding human behavior.

**5. Political Philosophy:**

- Islamic Governance: Al-Sadr offers insights into Islamic political philosophy, advocating for a just and equitable socio-political order based on Islamic principles. He discusses the concept of an Islamic state and the role of governance in fostering social justice.

**6. Economics:**

- Islamic Economics: Al-Sadr contributes to the field of Islamic economics, proposing economic principles rooted in Islamic values. He explores the idea of social justice in economic transactions and calls for an

economic system that aligns with Islamic ethical standards.

**7. Social Justice:**

- Equity and Social Welfare: "Falsafatuna" underscores the importance of social justice in the Islamic worldview. Al-Sadr discusses how Islamic philosophy can contribute to the establishment of a just and equitable society where the needs of all individuals are met.

**8. Theology:**

- God's Existence and Attributes: The book engages with theological discussions about the existence of God and His attributes. Al-Sadr presents theological arguments within a rational framework, addressing questions related to God's existence, knowledge, and justice.

**9. Integration of Sciences:**

- Interdisciplinary Approach: Al-Sadr encourages an interdisciplinary approach, advocating for the integration of various sciences, including philosophy, theology, and jurisprudence, to address complex issues facing the Muslim community.

"Falsafatuna" is a comprehensive work that reflects Baqir al-Sadr's attempt to synthesize Islamic philosophy with contemporary intellectual challenges. His ideas have influenced Islamic thought, especially in Shia scholarship,

and continue to be studied and discussed within the broader context of Islamic philosophy and theology.

## How Family Can Play An Important Role In Society?

Family plays a crucial and multifaceted role in society, contributing to the overall well-being, stability, and development of communities. The importance of the family unit is recognized across cultures and societies. Here are several ways in which families play a vital role in society:

**1. Socialization and Education:**

- Families serve as the primary agents of socialization, transmitting cultural values, norms, and traditions from one generation to the next.
- Parents play a central role in the early education of children, teaching them essential life skills, ethical values, and social behaviors.

**2. Emotional Support:**

- Families provide emotional support and a sense of belonging, fostering emotional well-being and resilience in individuals.
- A strong family support system can help individuals cope with stress, challenges, and life transitions.

**3. Moral and Ethical Development:**

- Families contribute to the moral and ethical development of individuals by instilling a sense of right and wrong, integrity, and responsibility.

- The family environment is a primary influence on the formation of an individual's character and ethical values.

**4. Economic Stability:**

- Families play a key role in economic stability by providing financial support and resources. Family members often collaborate in managing household finances and addressing economic challenges.
- Intergenerational support, such as assistance to elderly parents or financial help for younger family members, contributes to overall economic stability.

**5. Community and Social Cohesion:**

- Families are building blocks of communities, and strong family ties contribute to the overall cohesion of society.
- Healthy family relationships positively impact community relationships, fostering a sense of trust, cooperation, and mutual support.

**6. Cultural Preservation:**

- Families play a vital role in preserving and transmitting cultural heritage, language, and traditions to future generations.
- Through familial connections, individuals maintain a link to their cultural roots, contributing to the diversity and richness of society.

**7. Health and Well-being:**

- Families influence the health and well-being of their members by promoting healthy lifestyle choices, providing access to healthcare, and offering emotional support during times of illness.
- Strong family bonds contribute to the overall mental and emotional health of individuals.

**8. Education and Achievement:**

- Families can influence educational attainment and achievement by creating a supportive learning environment, encouraging academic pursuits, and setting high expectations for success.
- The family's involvement in a child's education can have long-lasting effects on their academic and career outcomes.

**9. Social Order and Stability:**

- Families contribute to social order and stability by instilling values such as respect for authority, cooperation, and responsibility.
- Stable family units are foundational to the stability of society, providing a sense of security and order.

**10. Care for Vulnerable Members:**

- Families often serve as a primary source of care for vulnerable members, including children, the elderly, and individuals with disabilities.
- The support and care provided within families reduce the burden on social welfare systems and contribute to a more compassionate society.

In summary, families are the fundamental building blocks of society, playing a pivotal role in shaping individuals, fostering social cohesion, and contributing to the overall well-being and stability of communities. Recognizing and supporting strong family structures is essential for the health and prosperity of society as a whole.

# Father And Mother Role As Individual And Collectively Important For Kids And Whole Family

Both fathers and mothers play unique and complementary roles in the upbringing of children and the overall well-being of the family. Their individual and collective contributions are vital for the development of a healthy, balanced, and supportive family environment. Here's a breakdown of the importance of both father and mother roles:

**Father's Role:**

**1. Provider and Protector:**

- Traditionally, fathers have been seen as providers and protectors. They often take on the responsibility of financially supporting the family and ensuring its security.

**2. Role Model:**

- Fathers serve as important role models for their children, particularly sons. They impart values, work ethics, and behaviors through their actions and interactions within the family.

**3. Discipline and Authority:**

- Fathers often contribute to the establishment of a structured and disciplined environment. They provide a sense of authority and guidance, helping children understand boundaries and expectations.

**4. Encouraging Independence:**

- Fathers typically encourage independence and resilience in their children. They may push them to

take risks, face challenges, and develop problem-solving skills.

**5. Emotional Support:**

- While traditionally seen as less emotionally expressive, fathers are increasingly recognized for providing emotional support. They contribute to a child's emotional well-being by offering guidance, encouragement, and a sense of security.

**6. Quality Time:**

- Spending quality time with children is crucial for fathers. Engaging in activities, sharing hobbies, and being present in their children's lives contribute to strong father-child relationships.

**Mother's Role:**

**1. Nurturer and Caregiver:**

- Mothers are often primary caregivers, providing emotional support, nurturing, and physical care to children. Their role is central to a child's early development and well-being.

**2. Educator and Teacher:**

- Mothers play a significant role in a child's education, teaching them basic skills, values, and manners. They often engage in early childhood education and foster a love for learning.

**3. Emotional Bonding:**

- Mothers typically establish strong emotional bonds with their children. The emotional connection formed during early years contributes to a child's emotional intelligence and social skills.

**4. Flexible and Adaptive:**

- Mothers are often more flexible and adaptive, managing multiple tasks simultaneously. They are skilled at multitasking and balancing the diverse needs of family members.

**5. Comfort and Security:**

- Mothers provide a sense of comfort and security. Children often turn to their mothers for reassurance, care, and emotional support during times of distress.

**6. Communication and Empathy:**

- Mothers are often effective communicators and empathetic listeners. They create an environment where open communication is encouraged, fostering trust within the family.

**Collective Importance:**

**1. Teamwork and Collaboration:**

- The collaboration between fathers and mothers is crucial for effective parenting. Teamwork in decision-making, discipline, and daily responsibilities contributes to a harmonious family environment.

**2. Complementary Skills:**

- Each parent brings unique skills and perspectives to the parenting dynamic. Combining the strengths of both parents enhances the overall support system for children.

**3. Shared Responsibilities:**

- Sharing responsibilities helps distribute the workload and allows both parents to contribute to various aspects of family life, promoting equality and mutual respect.

**4. Positive Family Dynamics:**

- A positive and cooperative relationship between parents sets a healthy example for children, teaching them about communication, conflict resolution, and cooperation.

**5. Socialization and Cultural Transmission:**

- Both parents contribute to the socialization of children, transmitting cultural values, traditions, and societal norms within the family unit.

In summary, the roles of fathers and mothers are interdependent and complementary. The combination of nurturing, caregiving, discipline, guidance, and emotional support from both parents contributes to the holistic development of children and the overall well-being of the family. The collaboration between fathers and mothers creates a supportive foundation for children to grow, learn, and thrive.

## What Are The Chief Features Of Kids In Young Age?

here are some typical traits that are often associated with kids in their early years:

**1. Curiosity:** Young children are naturally curious and eager to explore their environment. They ask questions and seek to understand the world around them.

**2. Imagination:** Kids have vivid imaginations and engage in imaginative play. They often create imaginary worlds, characters, and scenarios during their playtime.

**3. Energetic:** Children tend to have high energy levels and enjoy physical activities. They may run, jump, climb, and play actively to release their energy.

**4. Creativity:** Kids often express their creativity through drawing, storytelling, and other forms of artistic activities. They may use their imagination to come up with unique ideas and solutions.

**5. Social Development:** Young children begin to develop social skills by interacting with peers and family members. They learn to share, take turns, and express their emotions.

**6. Language Development:** Children acquire language skills rapidly during their early years. They start with babbling and progress to forming words, sentences, and eventually engaging in conversations.

**7. Attachment to Caregivers:** Attachment to parents or caregivers is a significant aspect of a child's development. Young children seek comfort, security, and a sense of connection with their primary caregivers.

**8. Mood Swings:** Children's emotions can be quite expressive, and they may experience rapid mood swings. They might go from excitement to frustration or happiness to sadness relatively quickly.

**9. Exploration:** Kids are natural explorers. They want to touch, taste, smell, and experience everything in their environment. This exploration is essential for their cognitive development.

**10. Attachment Objects:** Many young children develop attachments to certain objects, such as a favorite blanket or stuffed animal. These objects can provide comfort and a sense of security.

It's important to note that each child is unique, and these characteristics can vary from one individual to another. Additionally, as children grow and develop, their behaviors and traits evolve. If you have a specific context or concern in mind, please provide more details, and I'll do my best to assist you.

## How Much time to take a Couple to adjust After marriage?

The time it takes for a new couple to settle and adjust to married life can vary widely depending on individual personalities, backgrounds, and the specific circumstances surrounding the marriage. Some couples may find their groove relatively quickly, while others may take more time to navigate the adjustments and challenges that come with merging two lives. Here are some general considerations:

**1. Initial Adjustment Period:**

- The initial adjustment period can be anywhere from a few weeks to several months. It's common for couples to go through a phase of getting used to living together, learning each other's habits, and establishing routines.

**2. Communication and Understanding:**

- Effective communication is key during the adjustment period. Couples need to express their needs, expectations, and concerns openly and listen to each other. Understanding and respecting differences in communication styles and preferences is crucial.

**3. Navigating Differences:**

- Every individual comes into a marriage with their own set of values, habits, and expectations. Navigating these differences requires compromise, flexibility, and a willingness to find common ground.

**4. Building Emotional Intimacy:**

- Emotional intimacy takes time to develop. As the couple learns more about each other's vulnerabilities, dreams, and fears, they can deepen their emotional connection.

**5. Support System:**

- Establishing a support system is important. This may include seeking advice from experienced couples, engaging in premarital counseling, or relying on close friends and family for guidance.

# When Romanticism Ends in Marriage what should do?

when romanticism ends, it's essential to recognize that the intense romantic feelings that characterize the early stages of a relationship naturally evolve over time. This doesn't mean that love diminishes; rather, it often transforms into a deeper, more mature form of love. Some key considerations include:

**1. Transition to Companionate Love:**

- The initial phase of passionate or romantic love may transition into a more companionate love, characterized by deep emotional connection, shared experiences, and a strong sense of partnership.

**2. Realistic Expectations:**

- It's important for couples to have realistic expectations about the natural evolution of love. The excitement of the honeymoon phase may lessen, but it can be replaced by a more enduring and stable form of connection.

**3. Continued Investment:**

- Maintaining a strong relationship requires ongoing effort and investment from both partners. This includes nurturing emotional intimacy, communication, and shared activities.

**4. Renewing Romance:**

- Couples can intentionally work on keeping the romance alive by planning special moments, surprises, and maintaining a sense of playfulness in the relationship.

**5. Navigating Challenges:**

- Every relationship faces challenges, and navigating them together strengthens the bond. The ability to overcome obstacles and learn and grow together is a crucial aspect of a lasting marriage.

It's important to note that every couple's journey is unique, and there is no one-size-fits-all timeline for settling into marriage or experiencing shifts in romantic feelings. Open communication, mutual respect, and ongoing efforts to nurture the relationship contribute to a healthy and fulfilling marriage.

# Overcoming The Generation Gap

Overcoming the generation gap, which refers to differences in perspectives, values, and communication styles between different age groups, requires understanding, open-mindedness, and effective communication. Here are some strategies that can help bridge the generation gap:

**1. Active Listening:**

- Encourage open and active listening. Each generation has its own experiences and viewpoints. Show genuine

interest in understanding the perspectives of others, and avoid making assumptions.

**2. Respect Differences:**

- Acknowledge and respect the differences in values, preferences, and lifestyles between generations. Recognize that diversity in thought and behavior is natural and can enrich family or workplace dynamics.

**3. Shared Activities:**

- Engage in shared activities that can bridge generational divides. Whether it's participating in hobbies, sports, or cultural events, finding common ground helps build connections and understanding.

**4. Empathy:**

- Cultivate empathy by putting yourself in the shoes of individuals from different generations. Understand the challenges they faced during their time and appreciate the unique circumstances that shaped their perspectives.

**5. Open Communication:**

- Foster open and honest communication. Encourage family members or colleagues to express their thoughts and feelings without judgment. Create an environment where everyone feels comfortable sharing their viewpoints.

**6. Technology Literacy:**

- Bridge the gap in technology literacy. Younger generations might be more tech-savvy, while older generations may not be as familiar with the latest technologies. Offer support and guidance to help everyone feel comfortable with new tools.

**7. Mutual Teaching and Learning:**

- Encourage mutual teaching and learning. Younger individuals can share their knowledge of contemporary trends, technology, and current events, while older individuals can provide valuable insights based on their life experiences.

**8. Respect for Traditions:**

- Respect traditions and values that have been passed down through generations. Older family members or colleagues often appreciate when their traditions are respected, even as the younger generation introduces new ideas.

**9. Family or Team Building Activities:**

- Engage in activities that promote teamwork and cooperation. Whether it's a family project or a team-building exercise at work, shared experiences can strengthen bonds and build a sense of unity.

**10. Educational Initiatives:**

- Organize educational initiatives within the family or workplace. This could include seminars, workshops, or

discussions that address generational differences and promote understanding.

**11. Lead by Example:**

- Demonstrate understanding and respect through your own actions. Be a role model for open-mindedness, adaptability, and appreciation of diversity.

**12. Celebrate Achievements:**

- Celebrate the achievements and successes of individuals from different generations. Recognizing and valuing each other's contributions fosters a positive and supportive environment.

Remember that overcoming the generation gap is an ongoing process that requires patience, flexibility, and a willingness to learn from one another. By fostering a culture of understanding and appreciation, individuals from different generations can work together harmoniously and contribute to a more inclusive and vibrant community.

# 19 Things I learned in 19 years of life

01. **Keep your life private.** Not everyone deserves to know you.

02. Depression has no face. Be kind even to smiling faces.

03. Make a certain sense of distance, no matter how close you and someone is. It's good to know when to stop.

04. Having peace is important. Even if that means cutting off people.

05. People are in our life for a reason, season or lifetime. The pain comes when we put them in the wrong category.

06. Do what you love and explore new things in life. Never count it as a wastage of time.

07. Help people whenever you can and whenever they need you. **We're all meant to shine differently.**

08. Quality over quantity. **Don't force yourself to fit in where you don't.** Don't stay in a toxic circle, just because it's familiar.

09. People are **who they are,** and there's no any other way to look at them.

10. Don't trust anyone except the family.

11. People have lot to say about lives they've never lived.

12. Listen and trust your intuition. Know yourself and invest in yourself.

13. Not arguing with people, and walking away unbothered, shows how far you've grown. **Anger won't solve anything**.

14. Don't judge people. You don't know their hidden story.

15. You don't need to react to every situation.

16. Dismiss what insults your soul. You can't **force** people, to see your worth.

17. Appreciate people for their efforts and sacrifices for you. **Never forget the hands that raised you.**

18. Not everyone can see your vision. So don't waste your time convincing doubters to get on board.

19. **Normalize letting people go** when it's no longer healthy, because not everything is worth fighting for !

## What is something people need to understand?

1. Be disciplined about what you respond and react to. Not everyone or everything deserves your time, energy and attention. **Stay in your light !**

2. Some people only exist as examples of what to avoid.

3. Life humbles you so deeply as you age. You realize how much nonsense you've wasted time on.

4. Sometimes you don't need explanations. **It is what it is.**

5. Wish others well. Their success won't limit yours.

6. Accept what comes and **allow it to leave, when it's time.**

7. Sometimes you gotta sit and think how blessed you are.

8. Keep high walls around you, because you need to **keep the whole world out**. Be very particular about whom you invite back into yours.

## Things You Realize As You Get Older

1. To avoid disappointment, take people for **what they are** and not what they **could be.**

2. The insults, judgements, and the negativity people attempt to throw your way are actually reflections of **their own insecurities** and are absolutely irrelevant to you and your life.

3. People are **who they are**, and there's no any other way to look at them.

4. Mature enough to wish the best for people who no longer talk with you. Because after all their achievements or failures **do nothing for you personally.**

5. You will continue to suffer, if you have an emotional reaction to **everything** that is said to you. **It's a choice** to let dumb things affect you.

6. **People will disappoint you.** So learn not to take everything to heart.

7. Be gentle to yourself. Because **you don't need one more critic picking at your insecurities.**

8. You are allowed to do what's best for you, **even if it upsets people**. You are **not responsible for how people react**, when you're trying to do the best for you.

## Important Lessons You Learnt In Life

1. Speak up with words, not with your voice. Rain, not thunder, is the one who grows flowers.
2. A choice is not always incorrect just because it causes pain.
3. Everybody has to choose between the two pains: the pain of regret or the pain of discipline.
4. You have the option to reject reality, but you are unable to ignore the fallout from doing so.
5. Those who are most concerned with what other people think are the happiest people.

## Some Golden Advices

1. Don't rely on others for happiness - it often leads to disappointment.
2. Take risks while you're young, because youth doesn't last forever.

3. Love isn't about escaping suffering, but sharing a beautiful life with someone.
4. Use your pain to grow and learn, don't let it go to waste.
5. Don't let education or beliefs stop you from loving and empathizing with others.
6. Forgiving yourself is key to finding inner peace in life.
7. Stay united with your family - they're your support system.
8. True love doesn't just follow trends, it's genuine and supportive.
9. Explore life, but don't forget to listen to your conscience.
10. Stay open to learning - no one knows everything in life.

## Hardest Truth That Made You Stronger

1. Normalize saying “No” without needing to **over-explain** yourself. If someone is offended by **your boundaries**, that's **their** problem.
2. Prioritize your peace. Practice being calm when you feel like you're being challenged or tested. Overeacting only creates regret.
3. Make a habit of not holding someone's past against them. When someone works hard to grow & change into a

better person, allow them to show up as that person.

4. Mature enough to wish the best for people you know longer talk with, and real enough to mean it.
5. It's okay to take a joke. But it's not okay to fake disrespect **disguised as a joke**. There's a difference.
6. Sometimes our biggest disappointments lead us to our biggest blessings.
7. Learn your place in people's life, so you don't overplay your part.
8. To avoid disappointment, take people for **what they are** and not what they **could be**.

## Psychological Tricks And Hacks Are Useful To Know

1. **Our mind has the ability to detect and sense danger**. If your gut tells you something is wrong, never ignore that feeling.

2. Alarm clocks don't necessarily wake you up, they startle you, **causing a panic** that **interrupts your sleep state,** which isn't healthy.

3. A person usually makes a lot of hand gestures when telling a true story. When they lie, a person's hands will stay noticeably still.

4. The human mind can only maintain complete trust **once** for **each person**. Once broken, it's never the same.

5. If someone makes eye contact with you for 60% of a conversation, they're bored, 80% and they are attracted to you, and **100%** of the time, then they are threatening you.

6. Overthinking is a special form of fear. This fear becomes worse **when adding anticipation, memory, imagination and emotions together.**

7. When you try to remember a past event, you're actually remembering **the last time you remembered it,** rather than the event itself.

## Focusing on Essence is More Important Than the Thing

When you can feel the emotion you'll have when you are in possession of the thing you want, then you will attract it to you. That is why in moments when people let go of their desire, they release the feeling of not having what they want, and then what they want starts showing up in their lives. The key to manifesting what you want is to do so without resistance. Our feelings of not having what we want are what create resistance. You have to detach from your mind the thing and focus on feeling right emotion.

When you can free your mind and feelings, you will free yourself to have what you want. The one thing we all want is freedom. Having more things is only for the purpose of allowing us to experience more of that freedom. Freedom is power. When we free ourselves, we regain our power. A state of freedom is a state of power. Power is not just the ability to get things, but it is also the ability not to require them. We are free when we realize ultimate truth. Ultimate truth is that we already have everything we desire.

Ultimate truth is that all time and space are in one point. We are not separate from the things we desire by space or time. The present is not separate from the future time where it manifests. When we realize ultimate truth, we transcend space and time. We are not even separate from the thing we want even in the present moment because it exists in an alternate probable universe and all alternate probable universes are not separate from each other. We can feel that we have what we want anywhere anytime.

Energy creation and control are all purely mental. The first step is to summon up lots of energy. The second step is to focus it. Control is concentrated power.

## Psychological Stuff You Should Know

1. Physical tiredness causes people to be more honest. This is why most people open up during late-night conversations.
2. Cherophobia is the very fear of happiness. People with cherophobia believe that whenever they have joy, something awful will happen to vanish it.
3. The most effective method to win an argument is to pose a bunch of questions. It can help people discover weaknesses in their argument.
4. A broken heart can lead to death. It's named as Stress Cardiomyopathy.
5. Athazagoraphobia is the dread of being forgotten or disregarded by someone you deeply care and love.

## Self Mastery depends on Powers of Concentration

Use your mental forces so that they will grow and develop. Remember that everything you do is the result of mental action, therefore you can completely control your every action. Nothing is impossible for you.

Many people who seem to lack ambition have sluggish minds. They are steady, patient and seemingly have good control, but this does not say they are able to concentrate. These people are indolent, inactive, slow

and listless, because they lack energy; they do not lose control because they have little force to control. They have no temper and it therefore cannot disturb them. Their actions are steady because they possess little energy. The natural person is internally strong, energetic and forceful, but his energy, force and strength, thoughts and physical movements are well under his control.

If a person does not have energy, both mental and physical, he must develop it. If he has energy which he cannot direct and hold to a point he must learn to do so. A man may be very capable, but, unless he Wills to control his abilities, they will not do him any good. Energy creation and control are all purely mental. The first step is to summon up lots of energy. The second step is to focus it. Control is concentrated power.

## What are the top 5 things you learned this year?

1. The attitude of **"That's just the way I am. Take it or leave it"** is still a sign of **immaturity**. As an adult, it's your responsibility to figure out which of your traits are toxic & are negatively impactful towards others.
2. **Be teachable**. You are not always right.
3. Not all your friends need to be forever-friends. Some people are just meant to be your friend for **that particular time** in your life.

4. Social media makes people think they're more important **than they really are.**
5. I can cut some people off of my life & still wish the best in their lives. Their failures, heartaches & setbacks do nothing for me personally.

## What did you learn too late in life?

01. It's not your responsibility to babysit people's insecurities. You are not obligated to slow down your bloom, so they can meet you at a level **they are comfortable with.**

02. Keep it private, because people love to ruin things they can't have.

03. People can have more than you, and still be jealous.

04. Don't bother if someone says mean things behind your back, people have their opinions about you and you can't change it.

05. A lot of conversations need to be had in person. Tones need to be heard, facial expressions need to be seen.

06. If you are really observant enough, people usually tell on themselves.

07. Sometimes you have to stop being so forgiving. **People know exactly what they are doing.**

08. You really gotta watch how people "Joke" with you. People throw hate and jealousy on the low and cover it up with a laugh. They pretend to joke, but their intention is to insult you.

## Weird things your Anxiety makes you do

1. You blame yourself when others don't reply to your messages.
2. You overthink about the smallest of things.
3. You constantly feel scared of saying something stupid and wrong.
4. You are easily worried with words of concern.
5. You feel unwell physically and mentally, most of the time.
6. You get very nervous when you think about the future.
7. You reject invitations **even if you want to go out.**
8. You have trouble falling asleep **even when you are sleep-deprived.**

## What are some cool psychological hacks?

- Intelligent people fail in relationships because love starts from where the logic ends.
- Backbenchers become more successful even than toppers of their class in their lives not because they are cool but just because they will suffer a lot and this suffering will lead them to success.
- Boy with zero girlfriend always get a very beautiful wife trust God he will do a fair evaluation 😂.
- Women spend one year of their time in their whole life span deciding what to wear. (don't ask for a research paper)
- Girls look for Father figure inside their partner and Guy looks for a Mother figure inside his partner.
- A talkative person is mostly innocent because they speak their heart out.
- Women generally take a longer time to make a decision compared to men but when they make a decision they are more likely to stick to it. So guys when she said breakup take it seriously and maintain your self-respect.

# What are some ugly truths of life?

1. People are more than **just the way they look.**
2. Be careful who you trust, people you know can hurt you the most.
3. Knowing your triggers is your responsibility. Not all the time people will adjust for you.
4. Be the adult **you needed as a child**.
5. Sometimes, your biggest efforts will be ignored but your smallest weakness will be judged.
6. Stop cutting people off then **letting them back in**. You were right the first time. Stop allowing people to show you twice, what they already show you once.
7. Work on your boundaries. You can't be everything to everyone and nothing to yourself.
8. You disrespect everytime you try to renew a friendship/relationship with someone who has disrespected you. Forgiving is one thing, **however you must have boundaries.**
9. **You deserve to be happy for no reason.** At the end of the day, it's you who has to make sure that you're okay.
10. Always remind yourself that, you're blessed in so many ways already.

## Most Important Life Lesson You've Learned So Far

1. People are going to say things about you, **whether they are true or not.**
2. It's more peaceful when everything is private.
3. There is a past version of you, that is so proud of how far you've come.
4. People will act like you are hard to deal with, because you aren't easy to fool.
5. People only label themselves blessed, when money is involved. It's deeper than that.
6. Sometimes people aren't your asset. They're are temporary and that's okay.
7. Life is nothing but **earning people and losing them** at different stages.

## What is a good piece of random advice?

1. I don't care how angry you are. But never attack someone with **personal stuff** that they **trusted you with** and told you **when you were on good terms.**
2. Loyalty isn't difficult. Some people are just **immature**.
3. Being able to recognize and eliminate your **own toxicity** is important.

4. The one who defended you in secrecy but not in public, has not defended you at all.
5. The reality is that **none of us are easy to be with.** We all suffer from something.
6. Mind your own business, unless it involves you **directly**. Just stay out of it.
7. Sometimes we regret opening up to some people, because they didn't deserve to know us like that.

## Psychological Facts About Attracting People

1. If you are attractive, people of **your gender** will judge you harshly.
2. Men are instantly attracted to beautiful eyes or eyes with beautiful makeup.
3. When you make others laugh, you appear more attractive to them.
4. Most people find narcissists more attractive than other people. The saying "you can't love someone else until **you love yourself**" and narcissists fit into this very profile.
5. When you cut someone off from your life, they'll never tell the full story. They'll only tell you the part that makes you look bad and makes them look innocent.
6. If you want to catch someone's attention; suddenly look at them, (even

if you don't move your head at all) will tend to do the trick.

7. Humans are **biologically wired to become attached to what's familiar.** Which is why we hold onto things even if they are bad for us.

## What is the most important thing in life?

1. **Never get comfortable** in anyone's life, they can switch up on you at anytime, no matter the history of bond.
2. If you find someone smarter than you, work with them, **don't compete.**
3. Don't tell people **more than they need to know**, respect your privacy. Learn who to "know" and who to "no".
4. You didn't wake up today to be begging anyone for their time or attention. Go where you are **celebrated.**
5. Missing out on temporary fun to build **permanent stability** is not a loss. You're **the greatest project** you will ever work on.
6. You don't have to apologize for being ambitious, independent and strong minded. If it intimidates others, **they** can leave.
7. You will never be at this age again. Do what makes you happy !!!

8. You are your **home**. You are rare. Take care of yourself.
9. People are going to talk about you no matter what you do. So, you might as well do **whatever brings you joy** and live **your best life.**
10. **Celebrate yourself !!!** Nobody knows what it takes to be you.

## How Make Gratitude In Work Place?

Creating a culture of gratitude in the workplace can have numerous positive effects on morale, teamwork, and overall job satisfaction. Here are some strategies to foster gratitude in the workplace:

**1. Express Appreciation:** Regularly express gratitude to your colleagues and employees. Recognize and acknowledge their hard work, accomplishments, and contributions. Simple thank-you notes, emails, or public recognition during team meetings can go a long way.

**2. Encourage Peer Recognition:** Create mechanisms for employees to recognize and appreciate each other. This could be through a peer recognition program, a shout-out board, or regular team meetings where individuals can express gratitude for their colleagues' efforts.

**3. Celebrate Achievements:** Celebrate both individual and team achievements. Whether it's reaching a project milestone, meeting a goal, or completing a successful

quarter, take the time to acknowledge and celebrate accomplishments.

**4. Provide Opportunities for Skill Development:** Show gratitude for your employees' dedication and hard work by investing in their professional development. Offer training programs, workshops, or opportunities for skill enhancement, demonstrating a commitment to their growth.

**5. Create a Positive Work Environment:** Foster a positive and inclusive workplace culture. Encourage open communication, collaboration, and respect among team members. A positive work environment contributes to a sense of belonging and appreciation.

**6. Employee Recognition Programs:** Establish formal recognition programs that reward employees for their outstanding contributions. This could include awards, bonuses, or other tangible forms of appreciation.

**7. Gratitude Activities:** Incorporate gratitude activities into team-building events or regular work routines. This might involve starting meetings with a round of gratitude, where team members share something they are thankful for related to their work.

**8. Provide Flexibility and Work-Life Balance:** Show gratitude for employees' dedication by offering flexibility in work hours, remote work options, or other benefits that support a healthy work-life balance.

**9. Solicit Feedback:** Demonstrate that you value your employees' opinions by actively seeking and implementing their feedback. Letting them know that their input is appreciated can enhance job satisfaction.

**10. Lead by Example:** As a leader, model a grateful attitude. When leaders express gratitude and appreciation, it sets a positive tone for the entire workplace. Employees are more likely to adopt similar behaviors when they see gratitude in action.

Remember, the key is to make gratitude a consistent and integral part of the workplace culture. When employees feel appreciated and valued, it can lead to increased engagement, improved job satisfaction, and a more positive overall work environment.

## ARC Triangle and Tone Scale

L. Ron Hubbard, the founder of Scientology, introduced the ARC Triangle and the Tone Scale as concepts within Scientology. While these ideas are specific to Scientology, some individuals find value in exploring and adapting certain aspects of these concepts for personal development and better interpersonal relationships. However, it's important to note that Scientology is a controversial religious movement, and perspectives on its teachings vary widely.

**1. ARC Triangle: Affinity, Reality, and Communication:**

**- Affinity (A):** Refers to the degree of liking or affection between individuals. In the context of the ARC Triangle, increasing affinity involves creating positive connections and feelings of warmth between people.

**- Reality (R):** Involves the agreement or shared understanding between individuals. Improved reality means having a common ground and shared viewpoints.

**- Communication (C):** Represents the exchange of ideas, thoughts, and feelings between individuals. Clear and effective communication is essential for building and maintaining relationships.

**How it works for better relationships:**

- By consciously working on increasing affinity, establishing shared realities, and improving communication, individuals can enhance their relationships. This involves actively building rapport, finding common ground, and ensuring that communication is clear and constructive.

**2. Tone Scale:**

- The Tone Scale is a concept in Scientology that describes different emotional states or tones, ranging from high to low. Each tone corresponds to specific behaviors and attitudes associated with different emotional states.

- The idea is that individuals can be placed on this scale based on their emotional tone at a given time, and understanding these tones can help improve communication and relationships.

The Tone Scale in Scientology is a concept developed by L. Ron Hubbard to describe various emotional states or tones that individuals may experience. The Tone Scale ranges from high tones to low tones, each associated with specific behaviors, attitudes, and levels of awareness. Understanding the Tone Scale is intended to help individuals communicate more effectively and navigate interpersonal relationships. Here's a brief overview of the Tone Scale:

**1. High Tones (Positive Emotional States):**

- **Enthusiasm:** Excitement, energy, and a positive outlook.

- **Interest:** Curiosity, engagement, and openness to new ideas.

- **Exhilaration:** Extreme joy and a heightened sense of well-being.

- **Elation:** A state of intense happiness and elation.

**2. Middle Tones (Neutral to Mildly Negative States):**

- **Boredom:** Lack of interest or stimulation.

- **Antagonism:** Opposition or hostility.

- **Anger:** Stronger emotional response involving resentment or rage.

**3. Low Tones (Negative Emotional States):**

- **Covert Hostility:** Concealed hostility or negative intentions.

- **Fear:** Anxiety, worry, or apprehension.

- **Despair:** Overwhelming sadness or hopelessness.

The idea behind the Tone Scale is that individuals may move up and down this scale depending on their emotional state at a given time. Understanding where someone is on the Tone Scale can be helpful in improving communication and relationships. The concept suggests that people are more receptive to communication when they are in higher emotional tones and less receptive when in lower tones.

In practice, individuals are encouraged to recognize their own emotional states and those of others, facilitating more effective communication by tailoring their approach based on the perceived emotional tone. The goal is to help people communicate more harmoniously, resolve conflicts, and build positive relationships by addressing the emotional aspects of interactions.

**How it works for better relationships:**

- The Tone Scale is meant to help individuals recognize and understand the emotional states of themselves and others. By being aware of these emotional tones, people may be better equipped to communicate effectively and empathize with others' feelings and perspectives.

The Tone Scale in Scientology is primarily used within the framework of Scientology teachings, and its practical application is specific to the beliefs and practices of Scientology. If you're interested in exploring or using elements of the Tone Scale outside of Scientology, you may need to adapt the concept to align with your personal beliefs and values. Here are some general suggestions on how aspects of the Tone Scale might be applied for self-awareness and interpersonal communication:

**1. Self-Reflection:**

- Use the Tone Scale as a tool for self-reflection. Consider where you might fall on the scale in various situations and how your emotional state impacts your thoughts, actions, and communication.

**2. Emotional Intelligence:**

- Develop emotional intelligence by becoming more aware of your own emotions and recognizing the emotions of others. Understanding the Tone Scale can provide a framework for assessing emotional states.

**3. Effective Communication:**

- Tailor your communication approach based on the perceived emotional tone of yourself and others. Adjust your communication style to be more effective in different emotional states, emphasizing empathy and active listening.

**4. Conflict Resolution:**

- When conflicts arise, consider the emotional states of those involved. Addressing conflicts with an awareness of the Tone Scale can help navigate conversations more skillfully and find resolutions that are sensitive to the emotional needs of all parties.

**5. Leadership and Team Dynamics:**

- Leaders can use an understanding of the Tone Scale to gauge the emotional well-being of team members. Creating a positive and supportive work environment involves recognizing and addressing emotions effectively.

**6. Personal Development:**

- Use the Tone Scale as a framework for personal growth. Identify patterns of emotional responses and work towards maintaining higher emotional tones that contribute to a more positive and fulfilling life.

It's important to note that while aspects of the Tone Scale may offer insights into emotional states, the specific beliefs and practices associated with Scientology may

not align with everyone's worldview. If you're adapting the concept for personal use, be selective in the elements you find beneficial and discard those that conflict with your values.

## Use this tone scale for pushing towards high tone for myself and others

Using the Tone Scale for personal development and fostering higher emotional tones in yourself and others involves self-awareness, effective communication, and empathy. Here are some suggestions:

**1. Self-Reflection:**

- Regularly assess your own emotional state. Identify where you fall on the Tone Scale in different situations. Recognizing your emotional responses is the first step toward making positive changes.

**2. Set Positive Intentions (Postulates):**

- Cultivate a positive mindset by setting intentions for high-toned emotions. Focus on what you want to achieve, and visualize positive outcomes. This can contribute to a more optimistic outlook.

**3. Practice Gratitude (Serenity of Beingness):**

- Regularly express gratitude for the positive aspects of your life. This practice can elevate your emotional state and contribute to a sense of serenity.

**4. Engage in Activities That Bring Joy (Exhilaration, Enthusiasm):**

- Identify and engage in activities that bring you joy and excitement. Whether it's pursuing hobbies, spending time with loved ones, or achieving personal goals, these activities can elevate your emotional tone.

**5. Cultivate Curiosity and Learning (Interest):**

- Stay curious and open-minded. Cultivate an interest in learning new things, exploring new ideas, and understanding different perspectives. This can contribute to a higher emotional tone.

**6. Practice Mindfulness (Aesthetics, Rêverie):**

- Engage in mindfulness practices, such as meditation or deep breathing exercises, to foster a sense of calm and contemplation.

**7. Take Positive Action (Action):**

- Identify small, positive actions you can take to make a difference in your life or the lives of others. Positive actions contribute to a higher emotional tone.

**8. Build Positive Relationships (Sympathy, Propitiation):**

- Foster positive connections with others. Show empathy, understanding, and kindness. Positive relationships can contribute to a higher emotional tone for both you and those around you.

**9. Effective Communication (Conservatism):**

- Practice clear and positive communication. Be mindful of your language, tone, and body language. Effective communication can help create a more positive environment.

**10. Resolve Conflicts Constructively (Anger, Covert Hostility):**

- When conflicts arise, address them constructively. Seek resolutions that acknowledge the concerns of all parties involved. This can help prevent lingering negative emotions.

**11. Support and Encourage Others (Fear, Grief, Apathy):**

- Provide support and encouragement to those around you. Recognize their achievements and express appreciation. Building up others contributes to a positive emotional environment.

Remember that the goal is not to suppress or ignore emotions but to understand and navigate them in a way that promotes overall well-being. Encouraging higher emotional tones in yourself and others often involves a combination of self-awareness, positive habits, and supportive interpersonal interactions.

## Complete List on Tone Scale:

Here is a more expanded version of L. Ron Hubbard's Tone Scale with additional stages and attributes:

**1. Serenity of Beingness (40.0):**

- A state of complete peace and contentment.

**2. Postulates (35.0):**

- The ability to set things into existence through intention or decision.

**3. Exhilaration (30.0):**

- A high state of elation and excitement.

**4. Enthusiasm (25.0):**

- A state of high energy, interest, and positive outlook.

**5. Interest (20.0):**

- Curiosity, engagement, and a desire to explore.

**6. Rêverie (15.0):**

- Daydreaming or a state of contemplation.

**7. Aesthetics (8.0):**

- Appreciation for beauty, art, and aesthetics.

**8. Action- Enthusiasm (4.0):**

- The willingness to take action and accomplish things.

- Excitement, zest for life, positive outlook.

**9. Interest (3.5):**

- Curiosity, engagement, open-mindedness.

**10. Exhilaration (3.0):**

- Intense joy, heightened well-being.

**11. Conservatism (2.5):**

- A state of caution and conservatism.

**12. Boredom (2.0):**

- Lack of interest or stimulation.

**13. Antagonism (1.5):**

- Opposition, hostility, or resentment.

**14. Anger (1.1 to 1.4):**

- Strong emotional response involving anger or rage.

**15. Covert Hostility (1.0):**

- Concealed hostility or negative intentions.

**16. Fear (0.5 to 0.9):**

- Anxiety, worry, or apprehension.

**17. Sympathy (0.3):**

- Compassion and understanding.

**18. Propitiation (0.2):**

- The attempt to appease or please others.

**19. Grief (0.1):**

- Overwhelming sadness or sorrow.

**20. Apathy (0.05):**

- Indifference and lack of interest.

**21. Death (0.0):**

- Complete absence of life or awareness.

## Learn Personality Just By Observing Them

1. It is easy to read people's mind who speaks a lot as compared to those silent ones.
2. If somebody hates you without any strong reason that means they are jealous of you.
3. Someone with a loud voice is usually someone who’s very unheard.
4. The ones pretending to be a secret are the easiest ones to get information out of.
5. If people start blaming other colleagues or the traffic, well, this is an indication that they are not willing to take responsibility for their mistakes.
6. Couples who constantly feel the need to show all the romantic dialogues, updates and pictures on social media end up breaking up soon.
7. People who can smile at strangers are the ones who don't care about what others think.

8. The best life lesson comes from those who have suffered pain and healed.
9. If somebody is always trying to impress others and trying to be in good books of everybody, that means they are fake by nature and have low self-esteem.
10. If someone is negative about everything it's usually because they're jealous of something and frustrated in general.
11. The ones complimenting are the ones worthy of compliments.
12. The ones that taunt a lot never ever reach any where in life.
13. Some join/form a gang and go with it despite the morality of their decisions and some don't, the ones that don't are the ones that lead the gang.
14. Anyone generalizing a race religion country or ethnicity has absolutely no idea about it.
15. People who criticize a lot are the ones that have been criticized a lot.
16. Pretending to be poor is playing the victim card. Being poor should never be a reason for stupidity.
17. Ones fighting for promotions without credibility are the ones that don't deserve it.
18. Silent ones are the most dangerous ones.
19. The one that says the word 'politics' while talking about others is the one doing politics.
20. Jealous people are the ones who will always send you in the wrong direction.

21. Some people always stay like they stayed in their high schools and nobody corrected them and it shows.
22. Person who's always smiling at you while making an eye contact is actually just painting a smile on your face.
23. Laughing while talking is a sign of a healthy mind.
24. Laughing at people only to let them down is a sign of a weak mind.
25. The one who blames you in the tough times is not the true friend. The one who blames the situation is the true one.
26. When you forget the time while talking to some one ,that person is special in your life.

## Social Skills That Can Be Picked Up Quickly

1. Don't call someone more than twice continuously. If they don't pick up your call that means they have something more important to attend to.
2. Return money that you have borrowed even before the other person remembers lending it to you. It shows your integrity and character. Same goes with umbrellas, pens and lunch boxes.
3. Never order the expensive dish on the menu when someone is treating you for

lunch/dinner. If possible, ask them to order their choice of food for you.

4. Don't ask awkward questions like 'Oh so you aren't married yet?' Or Why didn't you buy a house?' For god's sake it isn't your problem.
5. Always open the door for the person coming behind you. Doesn't matter if it is a guy or a girl. You don't grow small by treating someone well in public.
6. If you take a taxi with a friend, and he/she pays now, you pay next time.
7. Respect different political opinions.
8. Never interrupt people talking.
9. If you tease someone, and they don't seem to enjoy it, stop it and never do it again.
10. Say "thank you" when someone is helping you.
11. Praise publicly. Criticize privately.
12. There's almost never a reason to comment on someone's weight. Just say, "You look fantastic." If they want to talk about losing weight, they will.
13. When someone shows you a photo on their phone, don't swipe left or right. You never know what's next.
14. If a colleague tells you they have a doctor's appointment, don't ask what it's for, just say hope you're ok. If they want to talk about it, they will and you don't put them in the uncomfortable position

of having to tell you their personal illness.

15. Treat the cleaner with the same respect as the CEO. Nobody is impressed at how rudely you can treat someone below you but people will notice if you treat them with respect.
16. If a person is speaking directly to you, staring at your phone is rude.
17. Never give advice until you're asked
18. When meeting someone after a long time, unless they want to talk about it, don't ask them their age and salary.
19. Mind your own business unless anything involves you directly — just stay out of it.
20. Take off your sunglasses if you are talking to anyone in the street. It is a sign of respect and more eye contact is as important as your speech.

## Signs Of Lack Of Confidence

**Self-doubt, withdrawal, and sensitivity.**

Some signs that indicate a lack of confidence are.

- Self-doubt: Feeling unsure of oneself and one's abilities, ideas, or opinions.
- Withdrawal: Avoiding social situations, interactions, or challenges due to fear of rejection, criticism, or failure.

- Sensitivity: Being easily hurt or offended by what others say or do, or taking things personally.

## Some Examples Of Narcissist Lying

1. Exaggerating their achievements or talents.
2. Lying about their feelings or intentions.
3. Lying to make themselves look better or to make someone else look worse.
4. Lying to manipulate or control others.
5. Lying about their past or present situation.
6. Lying to avoid responsibility or consequences.
7. Lying to avoid confrontation or difficult conversations.
8. Lying to gain attention or sympathy.
9. Lying to protect their own ego.
10. Lying to hide their true feelings or intentions.

## 07 Things people take a lifetime to learn

1. Feeling sad after making a decision doesn't mean it was the wrong decision.
2. If you keep one hand on your past and one hand on your future, you'll never

have either. To embrace tomorrow, you must let go of yesterday.

3. Self-awareness is realizing that there is no opponent you're fighting against yourself.
4. Life is not tiring. Wanting life to be a certain way but not having the confidence to make it that way, is tiring.
5. Sometimes saying 'good bye' doesn't mean you don't love something, it just means you love yourself too.
6. That lesson will repeat itself until you learn it.
7. The world starts and ends entirely inside your mind. No matter where you end up, no matter how rich, or successful you become, you won't enjoy any of it if you get there at the expense of your mental health.

## Psychological Tricks To Make Your Life More Easy

1. If someone is trying to make you decide in a hurry, they are probably giving you a bad deal. Walk away.
2. If you want to make someone feel uncomfortable, look at their forehead when you're talking to them.
3. Sometimes pretending that you are naive gets you more information.

4. If you want to avoid office politics, say good things about coworkers behind their backs.
5. Physical contact makes you more likely to say yes to a request.
6. When a group of people laugh, they tend to look at the person they like the most.
7. Nervousness and excitement have the same body reaction, so if you're nervous for a speech, instead convince yourself you're excited. Its proven to give better speeches, too.
8. Ask for something that seems small, but is related, to what you really want. Then, once they've agreed to the small thing, just work up with slightly larger requests until you've achieved the desired outcome.

# Psychological Strategies To Win An Argument

### Focus on understanding, not just being right:

- **Actively listen:** Pay attention to what the other person is saying, both verbally and nonverbally. Try to see things from their perspective and understand their feelings and values.

- **Ask clarifying questions:** Instead of assuming you know what they mean, ask questions to ensure you're on the same page. This shows you're genuinely interested in their viewpoint.
- **Acknowledge their feelings:** Validate their emotions even if you disagree with their opinion. Saying things like "I understand why you feel that way" can go a long way.

**Communicate effectively:**

- **Use "I" statements:** Instead of making accusations ("You're being stubborn"), explain how their actions or words affect you ("I feel hurt when you say that"). This reduces defensiveness and encourages empathy.
- **Focus on facts and evidence:** Back up your claims with credible sources and avoid relying solely on personal opinions or anecdotes.
- **Be calm and respectful:** Don't raise your voice, interrupt, or engage in personal attacks. Maintaining composure shows maturity and increases the chance of being heard.

**Persuasive tactics:**

- **Find common ground:** Look for areas where you agree, even if they're minor. Building on shared values can create a foundation for finding a solution.

- **Appeal to their values:** Frame your argument in a way that resonates with their beliefs or priorities. For example, if they value fairness, emphasize how your solution is equitable for everyone involved.
- **Use framing and storytelling:** People are more likely to be persuaded by stories and vivid examples than abstract concepts. Try weaving a narrative that illustrates your point.

**Remember:**

- **Be open to changing your mind:** New information or perspectives can be valuable, so be willing to revise your opinion if presented with compelling evidence.
- **It's okay to agree to disagree:** Not every argument needs to be resolved. Sometimes, accepting that you have different viewpoints and respecting each other's positions is the best outcome.
- **Focus on building relationships:** Ultimately, constructive communication is about fostering mutual respect and understanding, not winning a debate.

# Things That Will Boost My Confidence

1-If you have a dream, don't let people's opinions or rejection stop you. Most of the things in the world today were at one time impossible.

2-Success is not final, failure is not fatal: it is the courage to continue that counts.

3-If you put a small value upon yourself, rest assured that the world will not raise your price.

4-Nothing splendid has ever been achieved except by those who dared believe that something inside of them was superior to circumstance

5-Whatever course you decide upon in life, there is always someone to tell you that you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow it to an end requires courage.

6-If you are not willing to risk the usual, you will have to settle for the ordinary.

7-Whatever you want in life, other people are going to want it too. Believe in yourself enough to accept the idea that you have an equal right to it.

# Increase Happiness According To Science

**1. Spend time with the “right ” people.**

It's been found that on days when people spend 6-7 hours with friends and family, they're 12 times more likely to report feeling happy rather than stressed.

**2. Daydream and/or visualize**

Research has shown that the part of the brain responsible for feeling pleasure can be activated just by thinking about something pleasurable.

**3.Meditate**

Mindfulness meditation increases activity in the left prefrontal cortex, the area of the brain responsible for calm and happiness.

**4. Find your flow**

"Flow" experiences – activities in which you are so absorbed that time seems to disappear like reading , writing etc., can increase your happiness.

**5. Live your purpose**

People who feel connected to a deeper purpose or mission in life are more happy.

**6. Don't deprive yourself of sleep.**

According to researchers, everyone on the planet should be logging at least seven hours of sleep a night.

Your body needs to get to its deepest level of sleep to improve mood, and restore immunities.

**7. Try something new and savour good experiences.**

Trying something new can actually change the chemicals in the brain. New activities activate chemicals related to mood. Learning new things exposes us to new ideas and information that helps us to stay engaged and curious about the world. This can give us a boost of self-confidence and make us happier .

**8. Be Grateful**

Practicing gratitude can increase your happiness, studies found. In one study , people who practiced gratitude by jotting down 3 good things that happened each day for one week felt happier and less depressed for up to 6 months.

**9. Lend a helping hand to someone in need**

Lending a helping hand to someone who needs it especially if we don't know the person well or if its a stranger provides a sense of meaning, increases feelings of competence and generally improves mood and reduces stress.

**10. Exercise**

Exercise naturally boosts chemicals called endorphins, and had been shown to have positive effects on depression.

# Things Only Mature People Can Tell You

**In life's journey, only with time do hidden truths become clear, shaping our understanding of human dynamics.**

1. **Wisdom of The Halo Effect:** Over time, we learn that subtle biases, like The Halo Effect, play a role in shaping judgments about others. Initial positive impressions significantly influence our perceptions, impacting how we view intelligence, abilities, and trustworthiness.
2. **Insight from The Smile Bias:** With maturity comes the understanding of The Smile Bias, recognizing a genuine smile as a powerful tool that fosters instant connections. This warmth not only uplifts spirits but also inspires trust and cooperation between individuals.
3. **Understanding Vocal Attractiveness Bias:** With age, we grasp the significance of Vocal Attractiveness Bias, realizing that the way we speak holds significant sway over others' perceptions. A pleasant voice enhances receptivity to ideas, while a harsh or monotonous tone may repel listeners.
4. **Realization of The Red Dress Effect:** Over the years, we discover the impact of The Red Dress Effect in social

settings, understanding that the color red subtly enhances attractiveness. This phenomenon ensures that we are noticed and remembered effectively.

5. **Insight into Height Bias:** With maturity, we come to acknowledge the surprising influence of Height Bias in various aspects of life, including social and professional interactions. Taller individuals are often perceived as more authoritative, shaping dynamics over time.

## Things All Young People Will Realize In Their Life

Here are some valuable life lessons that young people may realize in their life:

1. **Treat everyone with respect**: Give decency to every person you meet and respect the people around you with kindness and generosity.
2. **Listen to understand**: Listen to people for the simple purpose of understanding them, not just to respond.
3. **Stop blaming others**: Own up to your own mistakes and learn from them.
4. **Choose your friends wisely**: You will end up taking on the characteristics,

sayings, and habits of the people you surround yourself with closest.

5. **Always ask why**: Question everything to gain a deeper understanding of the world.
6. **Pace yourself**: Don't feel like you have to do everything at once. Take your time and enjoy the journey.

## Nobody Tells You About Adult Life

1. Life is harsh to everybody, not just you.
2. People interested in your story not in your problem. So don't share your problem with everyone.
3. There is only one way out of pain - go through it.
4. Change with changes otherwise change will change you.
5. You define your own success.
6. Health and time are the most important things.
7. Relationships are voluntary. Your partner has a right to leave you. The best way to keep your partner is to be an awesome person, so they don't want to leave.
8. Nobody can help you except yourself.
9. Money is simply a tool. Make as much of it as possible but don't sacrifice your

health and of course, never lie, cheat or steal to get it.

10. You have to find your own way.
11. Everyday improve yourself.
12. Patience is power!

## Best Version Of Myself

1. **Know yourself.** In fact, you will always be you, even if you lose yourself once, you will slowly return to yourself. You are the most loyal comrade-in-arms, so first understand yourself! Stick to your authenticity and self, and you will live more comfortably-you will be a better person, a better friend, a better boy/girlfriend, a better employee, everything will be better. You will also be more relaxed and more confident. You know what you are doing, and you know how to do these things. You know, you can't be labeled casually, and you are not what others think. If you cater to the public instead of cater to yourself, you will not be happy. Find yourself and be yourself bravely.
2. **Be the original you.** There is no second you in the world, so you are the best. No matter who you are (or who you think you are), just do it. If you don't do this, you will not succeed. In order to be the best person, you cannot do useless work.

Don't imitate others. You must be innovative. You must be yourself and not become someone else.

3. **Get excited.** It is exciting to achieve what you want and become the best person. If that doesn't make you happy, what else can excite you? So, get yourself excited and think about it all with exclamation points. When you are excited, everything happens. You will be full of inspiration, creativity and motivation. In fact, everything is full of possibilities.

## Success Factors - Desire, Will and Intelligence

Desire, then, plays a most important role in human evolution. It awakens, stimulates, propels. What wind is to the ship, what steam is to the locomotive, desire is to the human being. That is why we must not kill out desire, but on the contrary we must generate it. The first step to riches is to have a burning desire for riches. If you want to focus your powers towards creating anything, you must build up a strong desire force towards that thing. Only fools kill out desire, but the wise strengthen and use desire.

The second requirement is a firm will. It should not be forgotten that when an unusual and difficult thing is being attempted, a person of weak will cannot possibly hope to succeed. In the life of business, achievement and work, considerable will power is essential to success.

Only those with the indomitable will that know neither surrender nor compromise may hope to attain large measure of success. Once the will is thoroughly aroused and brought into action every hindrance in the way will be swept aside.

The third necessity is keen intelligence. The force of desire, directed by the will, must be supplemented by an alert mind. It is a common misconception that good motives are sufficient in themselves and that when one has the desire to attain spiritual mastery, plus the will to achieve, nothing more is needed but purity of purpose. But if the intellect is not at first made a chief factor, then one may not be able to progress in the most efficient and proper way. Intelligence is therefore an indisputable key directive.

## Things Only Mature People Can Tell You

1. Not everyone will live long. Stay happy and useful to humanity as much as you can.
2. Life is not Disney Island, always strife for the best and prepare for the worse.
3. Nobody can love you unconditionally except your mum and in few cases, your family.
4. You can simply avoid future problems by listening to your instincts and warnings from your loved ones.

5. Most people won't support you in life until there's no option but to join the crowd.
6. Discipline will take you farther than talent.
7. Everybody is fighting their own demon either publicly or privately. Never envy anyone.
8. Don't look down on anyone, life can switch up within a minute.
9. Money is not everything, it incredibly betters your life but doesn't solve all life problems. Still have it anyway.
10. You don't have to get to the level of Elon Musk to change the world when your little kindness can.

## Beautiful Thing That People Must Have

**MOTHER is the most beautiful thing that people must have because-**

1. A mother's love is a guiding light that illuminates the path of our lives, providing warmth and comfort in every step we take.
2. A mother is an unwavering pillar of support, standing by us through triumphs and challenges, offering encouragement and understanding.
3. Behind every smile, there are countless sacrifices made in silence – a mother's

selflessness woven into the fabric of our existence.

4. From the ABCs to life's profound lessons, a mother is our first and most influential teacher, imparting wisdom that lasts a lifetime.
5. No distance or time can sever the eternal bond between a mother and child; it is a connection that transcends physical boundaries.
6. A mother's laughter is a melody that brings joy to our hearts, a reminder that even in life's challenges, happiness is ever-present.

## Signs That Someone Is Dangerous For You

Recognizing signs that someone may pose a threat to your well-being is crucial for personal safety. Some indicators of potential danger include:

1. **Aggressive Behavior:** Frequent anger, hostility, or physical aggression may signal a potential threat.
2. **Pattern of Control:** Attempts to control or manipulate aspects of your life, such as isolating you from friends and family, could be a red flag.
3. **Unpredictable Mood Swings:** Extreme and unpredictable mood swings may indicate emotional instability and pose a potential risk.

4. **Obsessive Behavior:** Unhealthy fixation or obsession with you could lead to stalking or other harmful actions.
5. **History of Violence:** A documented history of violent behavior or a criminal record is a clear warning sign.
6. **Lack of Empathy:** Inability to understand or empathize with others' feelings may suggest a lack of regard for your well-being.
7. **Threats or Intimidation:** Expressing threats, even if veiled, or using intimidation tactics can be indicative of a dangerous individual.
8. **Substance Abuse:** Excessive substance abuse can impair judgment and contribute to violent behavior.

It's important to trust your instincts. If you feel uneasy or unsafe around someone, seek support from friends, family, or authorities. Consider reaching out to professionals, such as counselors or law enforcement, for guidance and assistance in handling potentially dangerous situations.

# Differences Between A Boss And A Leader

Here's a comprehensive list of differences between a boss and a leader:

**1. Motivation:**

**- Boss:** Often relies on the use of authority and power to get tasks done. Motivation may be driven by fear or punishment.

- **Leader:** Inspires and motivates by setting a positive example, fostering a shared vision, and encouraging personal and professional growth.

**2. Focus:**

- **Boss:** Primarily concerned with tasks, goals, and outcomes. May prioritize results over the well-being of team members.

- **Leader:** Focuses on both achieving goals and the development and well-being of the team. Values relationships and collaboration.

**3. Decision-Making:**

- **Boss:** Typically makes decisions unilaterally and expects compliance. May not seek input from team members.

- **Leader:** Encourages collaboration in decision-making, seeks input from team members, and values diverse perspectives.

**4. Communication:**

- **Boss:** Communication tends to be one-way, with instructions and expectations given without much room for discussion.

- **Leader:** Emphasizes open and transparent communication, encourages feedback, and actively listens to team members.

**5. Credit and Blame:**

- **Boss:** Often takes credit for successes and may blame others for failures.

- **Leader:** Shares credit with the team for successes and takes responsibility for failures as a collective.

**6. Relationships:**

- **Boss:** Often maintains a formal and distant relationship with subordinates.

- **Leader:** Builds strong, positive relationships with team members, creating a supportive and inclusive work environment.

**7. Development:**

- **Boss:** Focuses on getting the job done without necessarily investing in the long-term growth and development of individuals.

- **Leader:** Actively supports the professional and personal development of team members, fostering a culture of continuous learning.

**8. Risk Tolerance:**

- **Boss:** May be risk-averse and prefer to stick to traditional methods to avoid potential failures.

- **Leader:** Encourages innovation, embraces calculated risks, and sees failures as opportunities for learning and improvement.

**9. Empowerment:**

- **Boss:** Tends to control and direct tasks, limiting autonomy among team members.

- **Leader:** Empowers team members by providing autonomy, trusting their capabilities, and encouraging initiative.

**10. Long-Term Vision:**

- **Boss:** Often focuses on short-term goals and immediate results.

- **Leader:** Has a long-term vision, sets strategic goals, and guides the team towards a shared future.

In summary, while a boss may rely on authority and control to achieve results, a leader focuses on inspiration, collaboration, and the holistic development of individuals and the team as a whole. Leadership involves a more people-centered and inclusive approach to achieving organizational objectives.

# Comprehensive Comparison B/W Employee And Slave

It's crucial to approach this comparison with sensitivity, as the term "slave" is historically associated with a morally reprehensible practice and is not applicable or acceptable in modern employment contexts. Nonetheless, we can highlight distinctions between the concepts while emphasizing the importance of

recognizing the historical and ethical implications of the term "slave."

**1. Legal Status:**

- **Employee:** Employees have legal rights and protections, including fair wages, working hours, and the ability to negotiate terms of employment. They are free to leave their job if they choose.

- **Slave:** Historically, slaves were considered property and had no legal rights. Slavery is universally condemned today and is illegal in all countries.

**2. Voluntariness:**

- **Employee:** Individuals choose employment voluntarily, and they have the freedom to accept or reject job offers. Employment is based on mutual consent and agreement.

- **Slave:** Slavery involves forced labor, where individuals are coerced or captured against their will, deprived of freedom, and treated as property.

**3. Compensation:**

- **Employee:** Receives compensation, which may include wages, benefits, and other considerations, in exchange for their work.

- **Slave:** Does not receive compensation and is often subject to exploitation and inhumane conditions.

**4. Autonomy:**

- **Employee:** Typically has some level of autonomy in performing tasks, and employers expect a degree of initiative and responsibility.

- **Slave:** Has little to no autonomy, as their actions and lives are often entirely controlled by their owners.

**5. Legal Protections:**

- **Employee:** Protected by labor laws and regulations that ensure fair treatment, workplace safety, and the right to organize.

- **Slave:** Historically, slaves had no legal protections, and their status was often enforced through violence and oppression.

**6. Duration of Service:**

- **Employee:** Can change jobs, pursue career growth, and have the flexibility to move between employers.

- **Slave:** Typically a lifelong condition, with individuals being owned by others without the freedom to choose their activities or future.

**7. Social Status:**

- **Employee:** Holds a recognized social status as a contributing member of the workforce with individual rights and dignity.

- **Slave:** Historically subjected to dehumanization, discrimination, and the denial of basic human rights.

**8. Human Rights:**

- **Employee:** Protected by international human rights standards, including the right to freedom, dignity, and fair treatment.

- **Slave:** The historical practice of slavery was a gross violation of basic human rights and is universally condemned.

It's essential to recognize the historical gravity and ethical implications of slavery, ensuring that discussions about modern employment practices are approached with the utmost respect for human rights and dignity. Modern labor laws and ethical standards aim to prevent any form of exploitation or coercion in the workplace.

## Don't Trust This Type Of People In Life

While it's essential to approach people with an open mind and judge individuals based on their actions and character, there are certain types of behavior that may signal caution. Here are some characteristics that may indicate people you should approach with skepticism or be cautious about in life:

1. **Consistent Dishonesty:** Individuals who consistently lie or deceive others may not be trustworthy. Trust is built on honesty, and repeated dishonesty can erode relationships.
2. **Manipulative Behavior:** Be cautious of individuals who use manipulation to achieve their goals, whether through guilt, emotional tactics, or deceit. A healthy relationship is built on mutual respect and transparency.

3. **Lack of Accountability:** People who refuse to take responsibility for their actions and consistently shift blame onto others may not be reliable or trustworthy.
4. **Unreliable Commitments:** Those who frequently break promises, cancel plans without valid reasons, or fail to follow through on commitments may not be dependable.
5. **Self-Centeredness:** Excessive self-centered behavior, where someone consistently prioritizes their needs without consideration for others, may indicate a lack of empathy and cooperation.
6. **Negative Influence:** Individuals who consistently bring negativity, drama, or conflict into your life may not be conducive to a healthy and positive environment.
7. **Secretive Behavior:** Excessive secrecy or a reluctance to share information may raise concerns about trustworthiness. Open communication is crucial in healthy relationships.
8. **Constant Criticism:** Be cautious of individuals who consistently criticize or belittle others. Such behavior may indicate a lack of empathy and a negative approach to relationships.
9. **Inability to Keep Confidences:** Someone who regularly shares confidential information or gossip about others may not be trustworthy when it comes to keeping your private matters confidential.

10. **History of Betrayal:** If someone has a history of betraying trust, either in personal or professional relationships, it may be wise to approach them with caution.
11. **Lack of Empathy:** People who consistently show a lack of empathy or understanding towards others' feelings may struggle to form and maintain meaningful connections.

## What are things you shouldn’t do in life?

1. Don’t keep toxic people around you just because they’re family.

2. Don’t let loneliness drive you back to toxic people.

3. Don’t try to heal in the same environment that made you sick.

4. Don’t overthink your way out of potentially rewarding choices.

5. Don’t chase, attract.

6. Don’t keep people who constantly lower your vibe.

7. Don’t carry old feelings into new experiences.

8. Don’t over overvalue what you are not and undervalue what you are.

9. Don’t constantly ‘shoulding’ yourself:

“I shouldn’t feel this way”

“I should be over this by now”

“I should just be positive”

10. Don’t be so surprised when things start to go your way. Come on, you deserve it!

## Examples Of The Worst Feeling Ever

- When you find your parents crying and the reason is you.
- When you get embarrassed in a group of people just because you don't match their level.
- When you get cheated by your loved ones even after putting a fair amount of efforts.
- When your best friend moves to another country/state.
- When you see your friend gets more marks than you. (Heheh)
- When you work hard for your exam and you see others who have put lesser amount of efforts still getting better colleges (reservation).
- When you see somebody talking to your parents disrespectfully.
- When somebody very close to your heart passes away.

# Matured Philosophy

The concept of societal, and human discipline suggests that everything in the universe is organized and has its specific place, time, purpose, and goal. God has designated each entity with its attributes, time, and place, and humans are not in control of where they are born, who their parents are, or the era in which they come into existence. The psychological traits of individuals, from social positions to cosmic particles, all hold unique significance in their specific places.

Therefore, instead of competing with others, it is essential to understand the responsibility that God has assigned to us, aligning with our era, location, and psychological disposition. Our challenge lies in how we manage diverse desires and only obey the commands of God, which are relevant to our era and our life. Acting in accordance with these divine commands and turning this temporary test into a beneficial experience for the next life is crucial.

Maintaining personal, societal, and ethical order and discipline, drawing inspiration from this order, and aligning our desires and intentions with it are our responsibilities. Every place, every era, and every individual's psychological disposition are harmonized with this order, and it is our responsibility to regulate our desires and intentions in accordance with it. Competing with everyone, everywhere, is part of our negative desires. Instead, we should focus on regulating our

desires and intentions in accordance with the divine order, taking inspiration from that order.

Our real test is how we control diverse desires and obey only the commands of God, which are relevant to our era and life. Maintaining psychological, societal, and ethical order and discipline, using this order as inspiration to regulate our desires and intentions, is our responsibility. Competing with everyone, everywhere is part of our negative desires; instead, we should focus on regulating our desires and intentions in accordance with the divine order.

Challenging ourselves to uphold individual, societal, and ethical discipline, drawing inspiration from this order to regulate our desires and intentions, is our responsibility. Every place, every era, and every individual's psychological disposition are harmonized with this order, and it is our responsibility to regulate our desires and intentions in accordance with it. Competing with everyone, everywhere, is part of our negative desires. Instead, we should focus on regulating our desires and intentions in accordance with the divine order.

This test is about how we manage diverse desires and only obey the commands of God, which are relevant to our era and life. Upholding psychological, societal, and ethical discipline, drawing inspiration from this order to regulate our desires and intentions, is our responsibility. Every place, every era, and every individual's psychological disposition are harmonized with this order,

and it is our responsibility to regulate our desires and intentions in accordance with it.

"It is We Who have distributed their livelihood among them in the life of this world, and have raised some above others in rank that some of them may harness others to their service. Your Lord's Mercy is better than all the treasures that they hoard." (Quran 43:32)

## Something People Need To Understand

1. Respecting diverse opinions and beliefs

2. Share Empathy: Feel what others feel; it connects us.

3. Open Conversations: Honest talks build lasting connections.

4. Opinions Welcome: Diverse voices make our world rich.

5. Lifelong Learner: Every day is a chance to grow.

6. Change Embrace: Adaptability is a superpower; use it.

7. Kindness Wins: A small act can create a big impact.

8. Listen Intently: Understand before responding; it matters.

9. Gratitude Matters: Appreciate the little things in life.

10. Stay Curious: Questions fuel discovery; keep asking.

## Most Awesome Psychological Facts

1:-Some of us are actually afraid of being too happy because of the fear that something tragic might happen next.

2:-People who try to keep everyone happy often end up feeling the loneliest.

3:-The more money you spend on others, the happier you feel.

4:-Being with positive and happy people makes you happier

5;-Feeling ignored causes the same chemical effect as that of an injury

6:-Good morning and good night text messages activate the part of the brain responsible for happiness.

7:-People who spend more time in the sun are likely to be happier.

### PSYCHOLOGY FACTS ABOUT HUMAN BEHAVIOR

1. The longer you hide your feelings for someone, the harder you fall for that person.

2. When you're single, all you see are happy couples and when you're not, you find happy singles.

3. Pretending not to care is the habit of someone who generally cares the most.

4. The more you talk about someone, the more are you likely to fall in love with that person.

5. People who swear a lot tend to be more loyal, upfront and honest with friends.

6. if you announce your goal to others, you are less likely to succeed. Studies confirm you lose motivation.

7. Negativity bias": Your brain makes you remember bad news more than good. It takes five positive things to outweigh one negative thing.

8. Beginnings and ends are easier to remember than middles.

9. Our brain will always, always, always find a problem. Have you ever wondered why when one problem resolves, another one takes its place? It's not that the world that is against you – it's your brain.

10. Our brain treats rejection like a physical pain.

11. The cells in your body react to everything your mind says. So negativity brings down your immune system and you feel sick.

12. Food tastes better when someone else makes it.

13. 90% of people text things they can’t say in person.

## What did you learn too late in life?

1. It's not your responsibility to put other people at ease.
2. Apology accepted, trust denied.
3. You're not perfect, and you don't have to be.
4. Some things just can't be explained.
5. Being vulnerable is a sign of strength.
6. If you never ask, the answer is no.
7. People can be in your life for a reason or season.
8. New things will always be scary at first.
9. A life full of memories is the richest life you can live.
10. You are responsible for your own happiness.

## Why do some people feel more obsession than love?

The distinction between obsession and love can be complex, and individuals may experience varying degrees of intensity in their emotions. While love is generally characterized by affection, care, and a desire for mutual well-being, obsession often involves a more intense and consuming focus on a person or an idea. Several factors can contribute to why some people may feel more obsession than love:

1. **Insecurity and Low Self-Esteem:** Individuals with low self-esteem may seek external validation and approval. The intense focus on another person in an obsessive manner can be a way to compensate for feelings of inadequacy.
2. **Fear of Abandonment:** A fear of abandonment or rejection can drive obsessive behaviors. Individuals may feel a constant need for reassurance and may engage in behaviors aimed at preventing the perceived threat of abandonment.
3. **Unresolved Attachment Issues:** Childhood experiences and unresolved attachment issues can influence the way individuals form relationships. Those with insecure attachment styles may be more prone to obsessions as a way to fulfill unmet emotional needs.
4. **Lack of Personal Identity:** Individuals who struggle with a sense of personal identity may become overly focused on another person as a way to derive a sense of self. The other person becomes a source of validation and definition.
5. **Idealization and Perfectionism:** Idealizing the object of affection and seeking perfection in the relationship can contribute to obsession. When reality doesn't align with idealized expectations, it may lead to heightened anxiety and fixation.
6. **Unrealistic Expectations:** Unrealistic expectations of what a relationship should be can lead to obsessive behaviors. When the reality of the relationship deviates from these

expectations, individuals may become fixated on trying to control or change the situation.

7. **Lack of Emotional Regulation:** Difficulty in regulating emotions can result in obsessive behaviors. Individuals may struggle to manage intense emotions, leading to an overreliance on external factors, such as a relationship, to provide emotional stability.
8. **Past Trauma or Loss:** Individuals who have experienced trauma or significant loss may develop obsessive tendencies as a way to cope with the fear of further pain. The obsession becomes a coping mechanism to avoid facing unresolved emotions.
9. **Neurobiological Factors:** Certain neurobiological factors, such as imbalances in neurotransmitters or hormonal fluctuations, can contribute to obsessive thoughts and behaviors. In some cases, these factors may be associated with conditions like obsessive-compulsive disorder (OCD).
10. **Social and Cultural Influences:** Social and cultural influences can shape individuals' perceptions of love and relationships. External pressures or societal expectations may contribute to the development of obsessive behaviors in an attempt to conform to certain ideals.

It's essential to recognize that love and obsession exist on a spectrum, and the line between them can be blurred. Healthy relationships are built on mutual respect, communication, and emotional well-being. If

someone recognizes that their feelings are becoming overwhelmingly obsessive or detrimental, seeking professional support, such as therapy, can provide valuable insights and strategies for developing healthier relationship dynamics.

## Increasing Life Expectancy

Increasing life expectancy involves adopting a healthy lifestyle and making choices that promote overall well-being. While genetic factors play a role, many aspects of life expectancy are within our control. Here are some general guidelines to enhance life expectancy:

**1. Healthy Diet:**

- Eat a Balanced Diet: Include fruits, vegetables, whole grains, lean proteins, and healthy fats.

- Limit Processed Foods: Reduce intake of processed and sugary foods.

- Stay Hydrated: Drink plenty of water throughout the day.

**2. Regular Exercise:**

- Aim for Regular Physical Activity: Engage in at least 150 minutes of moderate-intensity aerobic exercise per week.

- Include Strength Training: Incorporate strength training exercises at least twice a week.

**3. Maintain a Healthy Weight:**

- Achieve and Maintain a Healthy BMI: Being within a healthy weight range reduces the risk of chronic diseases.

**4. Avoid Harmful Substances:**

- Quit Smoking: Smoking is a major contributor to various health issues.

- Limit Alcohol Intake: Consume alcohol in moderation or avoid it altogether.

**5. Regular Health Check-ups:**

- Screen for Health Conditions: Regular check-ups can help identify and manage potential health issues.

- Manage Chronic Conditions: If you have chronic conditions, work with healthcare professionals to manage them effectively.

**6. Adequate Sleep:**

- Prioritize Sleep: Aim for 7-9 hours of quality sleep per night.

- Establish a Sleep Routine: Maintain consistent sleep and wake times.

**7. Stress Management:**

- Practice Stress-Reducing Techniques: Engage in activities like meditation, yoga, or deep breathing.

- Time Management: Prioritize tasks and manage time effectively to reduce stress.

**8. Social Connections:**

- Foster Relationships: Maintain strong social connections with family and friends.

- Participate in Community Activities: Engage in social and community activities.

**9. Mental Health Care:**

- Seek Professional Help: If experiencing mental health issues, seek assistance from mental health professionals.

- Prioritize Mental Well-being: Practice mindfulness and engage in activities that bring joy.

**10. Safety Measures:**

- Practice Safe Behaviors: Follow safety guidelines to prevent accidents and injuries.

- Regular Health and Safety Assessments: Ensure your living environment is safe and conducive to well-being.

**11. Continual Learning:**

- Stimulate the Mind: Engage in activities that challenge and stimulate cognitive functions.

- Lifelong Learning: Cultivate a mindset of continuous learning and curiosity.

Remember, individual factors and circumstances vary, so it's essential to personalize these guidelines based on

your unique health needs and consult with healthcare professionals for personalized advice.

## Traits of a Good Follower

Being a good follower and being obedient are traits often valued in various contexts, including professional environments, educational settings, and social relationships. Here are some attributes and traits associated with being a good follower and obedient:

**1. Trustworthiness:**

- Attribute: Reliability and honesty.

- Trait: Following through on commitments and being truthful.

**2. Respectfulness:**

- Attribute: Politeness and consideration.

- Trait: Treating others with courtesy and showing respect for authority.

**3. Adaptability:**

- Attribute: Flexibility and openness to change.

- Trait: Willingness to adjust to new circumstances and follow guidance.

**4. Initiative:**

- Attribute: Proactiveness and self-motivation.

- Trait: Taking the initiative to complete tasks without constant supervision.

**5. Communication Skills:**

- Attribute: Effective communication.

- Trait: Clearly expressing thoughts, ideas, and concerns while being open to feedback.

**6. Responsibility:**

- Attribute: Accountability and ownership.

- Trait: Taking responsibility for one's actions and outcomes.

**7. Team Player:**

- Attribute: Collaboration and cooperation.

- Trait: Working well with others to achieve common goals.

**8. Positive Attitude:**

- Attribute: Optimism and enthusiasm.

- Trait: Maintaining a positive outlook, even in challenging situations.

**9. Self-Discipline:**

- Attribute: Control and restraint.

- Trait: Managing impulses and staying focused on tasks.

**10. Loyalty:**

- Attribute: Faithfulness and commitment.

- Trait: Demonstrating allegiance and dedication to the team or cause.

**11. Dependability:**

- Attribute: Reliance and consistency.

- Trait: Being someone others can rely on and consistently delivering quality work.

**12. Understanding and Compliance with Rules:**

- Attribute: Respect for established guidelines.

- Trait: Adhering to rules and policies set by authority figures or institutions.

**13. Ethical Behavior:**

- Attribute: Integrity and moral principles.

- Trait: Upholding ethical standards and behaving with integrity.

**14. Openness to Feedback:**

- Attribute: Receptivity to constructive criticism.

- Trait: Willingness to learn and improve based on feedback.

**15. Patience:**

- Attribute: Tolerance and composure.

- Trait: Remaining calm and composed, especially in challenging situations.

It's important to note that while being a good follower and obedient can be valuable, critical thinking and the ability to express dissent respectfully are also important traits. Balance is key, and context matters in determining the appropriateness of certain attributes and traits in different situations.

## Making & Keeping Friendships

Making friends and maintaining friendships involves a combination of social skills, empathy, and genuine connections. Here's a cheat sheet for making friends and keeping friendships:

## Making Friends:

**1. Be Approachable:**

- Tip: Smile, make eye contact, and have open body language.

- Secret: Approachability makes it easier for others to initiate conversations.

**2. Initiate Conversations:**

- Tip: Start with small talk and find common interests.

- Secret: Taking the first step shows your interest in getting to know others.

**3. Listen Actively:**

- Tip: Pay attention, nod, and respond to what others are saying.

- Secret: People appreciate being heard; active listening fosters connection.

**4. Find Common Ground:**

- Tip: Identify shared hobbies, interests, or experiences.

- Secret: Shared experiences create a foundation for friendships.

**5. Be Genuine:**

- Tip: Be yourself; authenticity builds trust.

- Secret: True connections are formed when people are genuine.

**6. Show Empathy:**

- Tip: Understand and validate others' feelings.

- Secret: Empathy strengthens emotional bonds and fosters understanding.

**7. Be Reliable:**

- Tip: Keep your commitments and be dependable.

- Secret: Reliability builds trust and reinforces your commitment to the friendship.

**8. Be Positive:**

- Tip: Maintain a positive attitude and be supportive.

- Secret: Positivity enhances the overall experience of friendship.

**9. Be Inclusive:**

- Tip: Include others in plans and activities.

- Secret: Inclusivity fosters a sense of belonging and strengthens friendships.

**10. Respect Boundaries:**

- Tip: Be mindful of personal space and boundaries.

- Secret: Respect is crucial for building and maintaining friendships.

## Keeping Friendships:

**1. Communication is Key:**

- Tip: Regularly check in and share updates.

- Secret: Communication helps prevent misunderstandings and keeps the connection alive.

**2. Quality Over Quantity:**

- Tip: Prioritize meaningful interactions.

- Secret: A few deep connections often surpass many superficial ones.

**3. Celebrate Achievements:**

- Tip: Acknowledge and celebrate your friends' successes.

- Secret: Shared joy strengthens the bond between friends.

**4. Apologize and Forgive:**

- Tip: Apologize when needed and forgive mistakes.

- Secret: Forgiveness allows friendships to overcome challenges.

**5. Be Supportive:**

- Tip: Offer support during tough times.

- Secret: A true friend provides a support system in both good and bad times.

**6. Respect Differences:**

- Tip: Embrace diversity and respect differing opinions.

- Secret: Tolerance and acceptance contribute to long-lasting friendships.

**7. Create Shared Memories:**

- Tip: Spend quality time together and create lasting memories.

- Secret: Shared experiences create a strong bond and nostalgia.

**8. Adapt to Changes:**

- Tip: Be flexible and adaptable as life circumstances change.

- Secret: Friends who adapt together stay connected through various life stages.

**9. Express Gratitude:**

- Tip: Show appreciation for your friends.

- Secret: Gratitude reinforces the value of the friendship.

**10. Give Space When Needed:**

- Tip: Respect your friends' need for personal space.

- Secret: Allowing space demonstrates understanding and consideration.

Remember, every friendship is unique, and these tips may need adjustment based on individual personalities and circumstances. The key is to cultivate connections with sincerity, empathy, and mutual respect.

## How to clearly identify right and wrong?

Identifying right and wrong can be a complex and subjective process, influenced by cultural, ethical, and individual perspectives. Here are some general principles and approaches to help you navigate the process of determining what is right and wrong:

**1. Ethical Principles:**

- Consider Ethical Theories: Familiarize yourself with ethical theories such as utilitarianism, deontology, and virtue ethics. These provide frameworks for evaluating actions based on consequences, principles, or character virtues.

**2. Cultural and Societal Norms:**

- Understand Cultural Context: Recognize that cultural and societal norms play a significant role in shaping perceptions of right and wrong. What may be acceptable in one culture might not be in another.

**3. Legal Standards:**

- Know the Laws: Familiarize yourself with legal standards in your community or society. While legality does not always equate to morality, laws often reflect societal values.

**4. Empathy and Compassion:**

- Consider Others' Perspectives: Empathy allows you to understand and appreciate others' perspectives. Consider how your actions may impact others and whether they align with values like compassion and empathy.

**5. Consequences:**

- Evaluate Consequences: Reflect on the potential consequences of your actions. Consider short-term and long-term effects on yourself and others.

**6. Intentions:**

- Examine Intentions: Evaluate the intentions behind your actions. Sometimes, good intentions can lead to unintended negative consequences, and vice versa.

**7. Universal Principles:**

- Explore Universal Values: Identify principles that are often considered universally moral, such as honesty, integrity, and respect for human life.

**8. Seek Guidance:**

- Consult Ethics or Moral Philosophies: Seek guidance from ethical or moral philosophies, religious teachings, or trusted mentors who can provide perspectives on what is considered right or wrong.

**9. Critical Thinking:**

- Apply Critical Thinking: Use critical thinking skills to analyze situations objectively. Question assumptions, consider alternative viewpoints, and assess evidence.

**10. Personal Reflection:**

- Reflect on Your Values: Identify and reflect on your own values and principles. What do you believe is inherently right or wrong, and why?

**11. Social Contracts:**

- Consider Social Contracts: In the broader context of society, think about the implicit agreements or social

contracts that contribute to a functional and harmonious community.

**12. Consistency:**

- Seek Consistency: Strive for consistency in your moral judgments. Consider whether the principles you apply in one situation can be consistently applied to others.

Remember that determining right and wrong is often nuanced and context-dependent. It's essential to approach ethical considerations with an open mind, recognizing that people may have different perspectives based on their experiences, values, and beliefs. Ongoing self-reflection and a willingness to engage in thoughtful discussions with others can contribute to a more nuanced understanding of what is right and wrong in various situations.

## How To Recognize A Person With True Leadership Skills?

Recognizing a person with true leadership skills involves assessing a combination of qualities, behaviors, and interpersonal attributes. Here are some key indicators to help identify individuals with genuine leadership capabilities:

**1. Vision and Goal Orientation:**

- A true leader has a clear vision for the future and sets meaningful goals.

- They can articulate a compelling vision that inspires and motivates others.

**2. Effective Communication:**

- Leaders communicate clearly, openly, and transparently.

- They actively listen to others and adapt their communication style to the audience.

**3. Decision-Making and Problem-Solving:**

- Leaders make informed decisions based on critical thinking and analysis.

- They are adept at problem-solving and can navigate challenges effectively.

**4. Emotional Intelligence:**

- True leaders understand and manage their emotions and those of others.

- They exhibit empathy, handle conflicts with tact, and build positive relationships.

**5. Adaptability:**

- Effective leaders are flexible and can adapt to changing circumstances.

- They demonstrate resilience and a willingness to learn from setbacks.

**6. Inspirational Motivation:**

- Leaders inspire and motivate others with enthusiasm and a positive outlook.

- They create a sense of purpose and excitement about achieving shared goals.

**7. Empowerment and Delegation:**

- Leaders empower team members, delegate responsibilities, and trust others to excel.

- They provide guidance and support while allowing autonomy.

**8. Accountability:**

- True leaders take responsibility for their actions and the outcomes of their team.

- They hold themselves and others accountable to high standards.

**9. Integrity and Ethics:**

- Leaders exhibit honesty, integrity, and ethical behavior.

- They lead by example and adhere to a strong moral compass.

**10. Courage:**

- Leaders have the courage to take calculated risks and make tough decisions.

- They face challenges head-on and stand up for their convictions.

**11. Resilient and Positive Attitude:**

- Effective leaders maintain a positive attitude in the face of adversity.

- They bounce back from setbacks and inspire others to do the same.

**12. Team Building:**

- Leaders build cohesive and high-performing teams.

- They foster collaboration, value diversity, and create an inclusive environment.

**13. Continuous Learning:**

- True leaders are committed to personal and professional development.

- They seek opportunities to learn and stay informed about industry trends.

**14. Servant Leadership:**

- Leaders prioritize the well-being and development of their team members.

- They serve the team's needs and facilitate their growth.

**15. Consistency:**

- Leaders exhibit consistency in their behavior and decision-making.

- They can be relied upon to act in a predictable and principled manner.

Observing these qualities in action, seeking feedback from colleagues, and assessing a person's track record in leadership roles are effective ways to identify individuals with true leadership skills. Keep in mind that effective leadership is a continuous journey of growth and development.

## When It So Hard To Accept Things As They Are...

Expectations are the enemy of happiness.

The perfect life is made of acceptance and zero expectations.

It's like you very well said, difficult to accept what is when it's not pleasant or expected.

**The inner work consists on trying to see the positive side of everything.**

Anything has its positive side if you stop and look for it closely.

A traffic jam maybe is giving you some time to relax and listen to music and also testing your patience; a difficult breakup gives you more knowledge about yourself and who you really want by your side; an unexpected

problem gives you the opportunity to grow by solving it…

If you want to see challenges, problems and difficulties as "bad things", and you're not happy unless everything is pleasant for you and goes as planned, you're up for a frustrating and miserable life.

Instead, if you work on being more conscious and aware of yourself and try to extract the lesson and the "good thing" from whatever it is that's going on in your life, no matter how hard, unpleasant or unexpected, then your life can be an amazing adventure.

Drop the expectations, accept and embrace what is as it is, because if you can't change it, you might as well at least have some fun with it.

Think about it this way…

**Everything that happens in your journey has been specially tailored for you to learn more about yourself, grow and make the most of it so that you can have the best experience in your life time.**

Now…

Are you going to enjoy it or you choose to suffer, my friend?

## How Do Stay Positive And Happy As Get Older?

By surrendering more to the natural unfolding of events, accepting what is and being grateful for it.

We spend our lives trying to control everything and everyone around us and that makes us frustrated whenever things don't happen as we'd like or people don't act how we'd expect.

**The older you get, you realize it's not about what happens, but how you see what happens and what you make of it.**

That awareness helps clear your mind and achieve a renovated inner peace.

You are now free and in charge of your own life.

Whatever it is going in your life at any given moment, you have the ability to consciously perceive it as positive, no matter what, and try to make the most of it by extracting the lesson from it.

Happiness resides in your own ability to do that.

The moment you understand that you're in charge of your own life by creating your own reality in the way you perceive it, that's when nothing and nobody can mess with your happiness.

**Staying positive and happy is a personal conscious choice.**

Don't let the external noise affect your natural ability to do it.

## How Not To Do Everything Perfect …

Expectations are the enemy of happiness. Both your own and other people's.

Plus, it's impossible to do everything perfect.

If you strive for perfection and living up to external expectations, you're going to be frustrated and miserable your whole life, and I'm sure that's not what you want.

We usually put too much weight on our shoulders because we want to be better than others, look good, meet our parents expectations or be perfect at what we do.

**You need to lose the pressure, my friend, or else you're going to end up burned out.**

Well, you said it yourself in your question "unrealistic" expectations… So if you already know they are unrealistic, why even care about them or try to meet them?

Life is a journey or experiences and self-discovery.

You are here to live your own adventure and it's your only responsibility what you do with it.

So if you want to aim high, alright, do it, but not because other people tell you to, or because it's what you're supposed to do.

Do it because you want to be better, stronger, wiser, because you want to grow and become the best version of yourself you can.

That's when you start have fun, when you enjoy the process and forget about the outcome and what other people expect from you.

**Just find out what matters to you and make your life all about it, but always focusing on enjoying the process and embracing every step of the way as a part of your amazing journey.**

If you make it all about the outcome or what others expect from you, which are the only parts that you can't control, you're going to be suffering all the way.

Make it about having fun.

You only control the effort, not the outcome, so focus on that.

Do your best, on what makes you feel good and forget about the rest.

The moment you start enjoying the game without looking to the score, that's when you will start winning and creating a more meaningful and fulfilling experience.

So try that, for the fun of it.

**Lose the pressure and have some fun and see what happens…**

What do you have to lose?

## What to do if we're the definition of a failure?

The fact that you feel that way about yourself may be either because you have high standards about the way you have to be and the goals you have to accomplish or because you are not taking action.

The former is a very common mental practice amongst the majority of human beings, so if you feel you're the definition of failure because you haven't met your goals or haven't succeeded the way you or others expected, welcome to the club, cause we're all the definition of failure then.

**Failing is always seen as a bad thing, but it is a prerequisite for success.**

The fact that you're trying, should be enough to automatically remove the negativity over the fact that you didn't get there yet. You're on the way.

Nobody said it would be easy, we're here to improve, become stronger, wiser… to grow. And the only way that's going to happen is through constant failing and getting back up to try again.

You have failed? Good!

Learn from it, get better, move on and give it another try.

That's how this whole life game works, my friend.

**Challenges and difficulties are what create growth and make the journey meaningful and worthwhile.**

Don't expect to get everything right in the first attempt. You would be stuck forever. You wouldn't learn, you wouldn't grow, you wouldn't live at all.

How would you know what your potential is if everything was easy and smooth?

So if you feel you're a failure because you're trying and didn't get there, do this:

**Try to lose your own expectations (or those that other people put on you) and do it for the fun of it. Believe me, the less pressure you put on yourself, the better the results of your effort.**

You don't have to do anything or be someone you're not.

Just be yourself, do what matters the most to you and forget about the outcome.

The fact that you're even demanding more of yourself, makes you a winner, but instead of beating yourself up with negative self-talk, give yourself some words of encouragement and keep going stronger than before.

**Do not overthink it. Just take action on your dreams and whatever makes you feel good without expecting anything and for the fun of it and see what happens.**

You got nothing to lose. At least you will be feeling better than now, I promise ;)

But, going back to the two options where we started, if the problem is that you're not taking action on what you feel you should be doing because you're afraid it's not going to work out, and that's why you call yourself a failure, that's another very different matter.

Not taking action on your passion can wear you down, a lot, and I say it by experience.

So, if that's your case, just do something. Don't try to make it perfect, just take action.

Don't be afraid to fail, because you will, but you need to take it as part of the process.

The moment you start moving, you'll realize what works and what doesn't and you will just course-correct on the move, but at least you'll be moving.

Like we said before, failing is the previous step of success.

So just do what you feel like doing, lose the pressure, it doesn't have to be perfect, it doesn't even have to be good, it just need to be done.

**You're going to fall, but the key is to get back up, smile and not give up.**

This is what you came here for, to be the best version of yourself that's there hidden underneath all that self-doubt and fear.

Just listen to your intuition and do your thing.

Nothing can stop you when you just do it for the fun of it, no expectations, no pressure, no excuses, just the courage to put you out there and be yourself fully.

You got this, my friend.

## A Strong Belief In Oneself Prevent Future Failures

Failure is a precondition to success.

There's nobody out there that has succeeded without failing first.

Believing in yourself doesn't prevent failure, you're going to fail anyway, but the difference comes when you need to move on from that failure and keep going.

If you believe in yourself, no matter how many times you fail, you're going to get back up and not give up on your dream, because you have a vision that's non negotiable.

**The key to failing is to learn from it and move on as fast as you can, without dwelling on it.**

Take what's important and start working for the next try.

The more you fail, the stronger you get and the more meaningful the journey to success.

If the way up is so smooth that you make it on the first attempt, how much do you think you're going to value what you achieved?

Failure makes the game more interesting and fulfilling.

**It's in the difficulties and the challenges that you're going to find yourself and learn more about who you truly are.**

Failure is a mirror in which you are going to see your real face.

So fall in love with failure, fail better next time, let it be the fuel of your journey.

## Why is life going so fast?

Life doesn't go slow or fast itself.

You're the one who, from your own perspective, decides how you want to see it.

Time is a human-constructed illusion to give us a false sense of control over our lives, and it has a lot to do with our emotions and expectations.

When you're hanging out with your friends, watching a movie, traveling, listening to music or doing whatever it is that makes you feel good, life seems to go fast.

On the other side, at the dentist, waiting in line, working in a job you don't like or doing whatever activity you find tedious or boring, you'll realize that it looks like time is frozen.

Have you ever done a 1-minute plank? Time seems to go on slow motion when you're waiting for the clock to reach 60 seconds. Or when you wait for the pop-corn to do their thing in the microwave.

**How you perceive the world is what ends up creating your own reality.**

For example, if you ask a little kid, they will tell you that time is almost infinite, the days are long and the can do so much… it's crazy! They're doing so many new things and learning so much that time seems to expand.

But try to go to a nursing home and ask the elderly about time. They will tell you life happens so fast they don't even notice the days passing. And that makes a lot of sense since they don't learn new things and their lives go

mostly on autopilot, so their perception of time is that it's fleeting.

So, if you are having the feeling that live is moving too fast, try stoping for a moment and take a deep breath while you become aware of where you are and what's going on around you.

Being more present will help you have a much more profitable use of your own time.

Whenever you're doing something, just be here and now, like when you were a kid with no responsibilities, worries or stress.

Try it and you'll see how **it's not that life goes fast, but that maybe you're not paying enough attention to it in the way it deserves.**

Soak up every single minute of your day and your life is eternal!

## What is the purpose of learning?

If you trust the natural unfolding of events that take place in the Universe and believe everything happens for a reason, you can get to the conclusion that whatever you learn in your life journey will always be right for your own growth and experience.

Don't try to find a reason why in every corner.

Learning is a natural process that takes place from the moment we're born.

We learn to walk, speak and interact with our environment.

Then, when the basics are stablished, we go further depending on what matters the most to us and we learn the specifics that are aligned with our unique essence.

**So, in the end, the purpose of learning is to know yourself better.**

The more you learn about the world, the more you understand your little part in this infinite cosmic game.

One of the premises I live by, and deeply recommend, is that everything that happens in your life is there to benefit you. It's on you to see how from your own perspective and make the most of it, but by default it is all there for your own good.

**Just surrender to the natural flow of the Universe and let yourself be who you came here to be.**

Let your intuition be your guide and trust it will help you navigate in the direction that you're supposed to go.

Learn everything you can that resonates with your true self.

Your soul will help you feel what that is.

Accept and embrace every step of the way that's been tailored for you to make the most of this physical experience as a human being.

This whole life game ends up looking like a giant cosmic puzzle where, when you get older, you realize all those pieces that seemed to not fit at all, start making a lot of sense and shaping up the big picture that is your life.

## Potential Benefits Of Complaining?

Last week, my wife and I went out for lunch for our anniversary.

They served the entrées and we ate them, but after waiting for like 30 minutes for the main dishes to come, we complained to one of the waiters. She said she would look into it, but never came back with an answer.

Ten more minutes in and we complained again to another waiter. He said that they were full and that it was completely normal to wait for more than 20 minutes there for the main dish (but we'd been waiting for 40 now).

Then, we called the manager and she came to our table. We complained again and told her we had been waiting for almost 45 minutes and we were about to leave. She apologized and explained that they lost our order and they were preparing it right now. She also said we didn't have to pay for the entrées.

In this case, then, we waited for 45 minutes but we got a pretty nice discount for the inconveniences.

So, the potential benefits of complaining can be that sometimes you'll get the justice you deserve, or at least you'll be somehow compensated for the wrongdoing.

I'd say that complaining for something that's not right or it's abusive for you or someone else, is the right thing to do, always, even if you don't get anything out of it.

*"**If it is not right do not do it; if it is not true do not say it**" —Marcus Aurelius.*

What's not healthy and won't get you anywhere is complaining for the sake of complaining.

There's people that have a negative mindset and they're always complaining about everything that's not how they imagined or the outcome they expected.

That's not complaining, that's just unhealthy whining that is actually bad for yourself.

**Complaining, when it means standing up for what's right and just, is healthy and I believe necessary for a much better society altogether.**

But when things are out of your control and you can't change them, the best attitude is acceptance in the form of wise tolerance.

## Why is it so hard going further after a certain point in life?

Have you ever seen an elephant tied with a rope to a stick?

You can see that in circus, zoos and other places where they keep them like that. And it makes no sense that these giant creatures won't just break that bond and leave whenever they want, right?

Well, the thing is that they start tying them when they are little creatures and the stick is strong enough to keep them controlled.

They get used to the fact that they cannot break that rope and leave and that belief gets engraved into their heads so much that even when they grow up and they are big and powerful creatures, they still think they aren't strong enough to break it and leave.

As absurd as it may sound for us to not see that, it is no different with humans and our limiting beliefs.

From the moment we're children we learn a set of beliefs from our parents and society about how we have to be, what we're supposed to do and what's off limits and all kinds of rules and bullshit that will condition us as we grow up and limit our free movement and thinking.

That's why there can come a moment in your life that you realize, if you start being more aware and conscious about yourself, that you hit a wall when it comes to your own self-growth.

I've recently hit that wall myself and it's a frustrating realization to discover that you've been seeing life through other people's glasses instead of your own.

**What you need to do when you reach that moment in life is unlearn those beliefs and remember who you really are.**

It's not easy and it won't be fast, it's a process, but it's something that you have to go through if you really want to discover your true potential and live according to your own beliefs.

You need to analyze and audit your personality and how you operate and try to spot where that comes from. If it really comes from a place where you're acting from your intuition, your heart and soul or your life is mainly controlled by your mind and emotions that operate from fear, trauma and expectations.

Like I said, it's no piece of cake, it's hard to unlearn the conditioning of a lifetime, but it's really worth the work if you strive for a meaningful and fulfilling life where you're actually free to be who you truly are.

Therapy works wonders in this area, since our inner child is the one who needs to be awakened from the long dream. The moment that child is forgiven, understood and loved unconditionally, that's when we are finally at peace and can do whatever matters to us the most without any boundaries.

I wish you the best on that journey of rediscovering yourself and remembering who you are.

## What to do when living life too seriously?

Slow down.

I've actually realized not long ago that I've been taking everything too seriously myself.

And that is a result of the habit of not being conscious and live life on autopilot.

Most of us grow up not realizing that we inherit all the beliefs and experiences of our parents and make them our own, which ends up limiting us and turning us into a character we really are not.

All that conditioning turns into a program that runs unconsciously without us even noticing and it meakes us take everything in a way we probably wouldn't if we were to stop, take a look at the big picture and make a conscious choice about it.

So, the moment you realize you've been making a big deal out of everything, when in most cases you shouldn't, that's when you start to get a clearer view of life itself.

The first step is being aware of it happening, which is the hardest and not everyone even reaches it.

So congrats on leveling up your consciousness, my friend!

**Now that you've noticed that unconscious automatic pattern, you have the power to not be that person anymore.**

You have come to a deep realization that life is not to be lived fast and seriously, but slowly and enjoying it fully.

This is all a game and you came to play it.

You came to learn more about yourself through your experiences, so that you can use your journey to remember who you really are.

Now is the moment when you will start to be more aware of yourself and everything around you and you'll be able to make conscious choices that will lead you to an improved existence experience and a much more meaningful and fun lifetime.

**Take a deep breath and ask yourself what is it that really matters to you and focus on that.**

Don't feel forced to do what everyone does or be like everyone is, create your own pace from your own priorities and perspective.

What matters to you is important, the rest is just noise, so don't even pay attention to it.

About the Book: "Life Skills" is a unique volume delving into essential life principles and wisdom sourced from various outlets, including Quora Digest, "Tips for Success," and contributions from Noctis Enoch. Enriched by the guidance of ChatGPT, this compilation draws inspiration from Shia Islam, offering universal insights transcending cultural and religious boundaries. With an open invitation to readers from all backgrounds, "Life Skills" aims to empower individuals with timeless wisdom for a more fulfilling and purposeful life. Please note that the book has been curated with sensitivity, ensuring alignment with Islamic teachings and addressing any potential concerns.



**About Author:** S. Jahanzaib Abidi is a distinguished author known for his extensive collection of articles covering a wide range of subjects, including philosophy, religion, education, politics, economics, media, and society. His prolific writings showcase a deep understanding and insightful analysis across diverse topics, making him a notable figure in the realm of article series.

With a keen intellect and a penchant for thorough exploration, Abidi's contributions offer readers a nuanced perspective on various issues, establishing him as a respected writer whose work resonates across different spheres of thought and discourse. His thought-provoking articles contribute significantly to the intellectual landscape, fostering a deeper understanding of complex subjects.